

# What Are Our Services?\*

## Seminars

We provide a one-time 60 minute seminar to give youth the support they need during the quitting process.

## 5 Week Class Series

This class meets for one hour per week, for 5 weeks to provide steps to quitting and guidance on how to stay quit. Classes are held on school campus, district site, or youth organization site.

\*Parental consent is required before youth participate in any classes.



**“Each day 3,000 teens try their first cigarette. Nearly 1,000 will eventually die as a result from smoking.”**

**You can make a difference and help a teen who smokes to quit!**

# What Do We Offer Youth?

## Just the Facts

- Our Tobacco Cessation Specialist will teach youth about what is inside tobacco products and why they are harmful.

## Make a Quit Plan

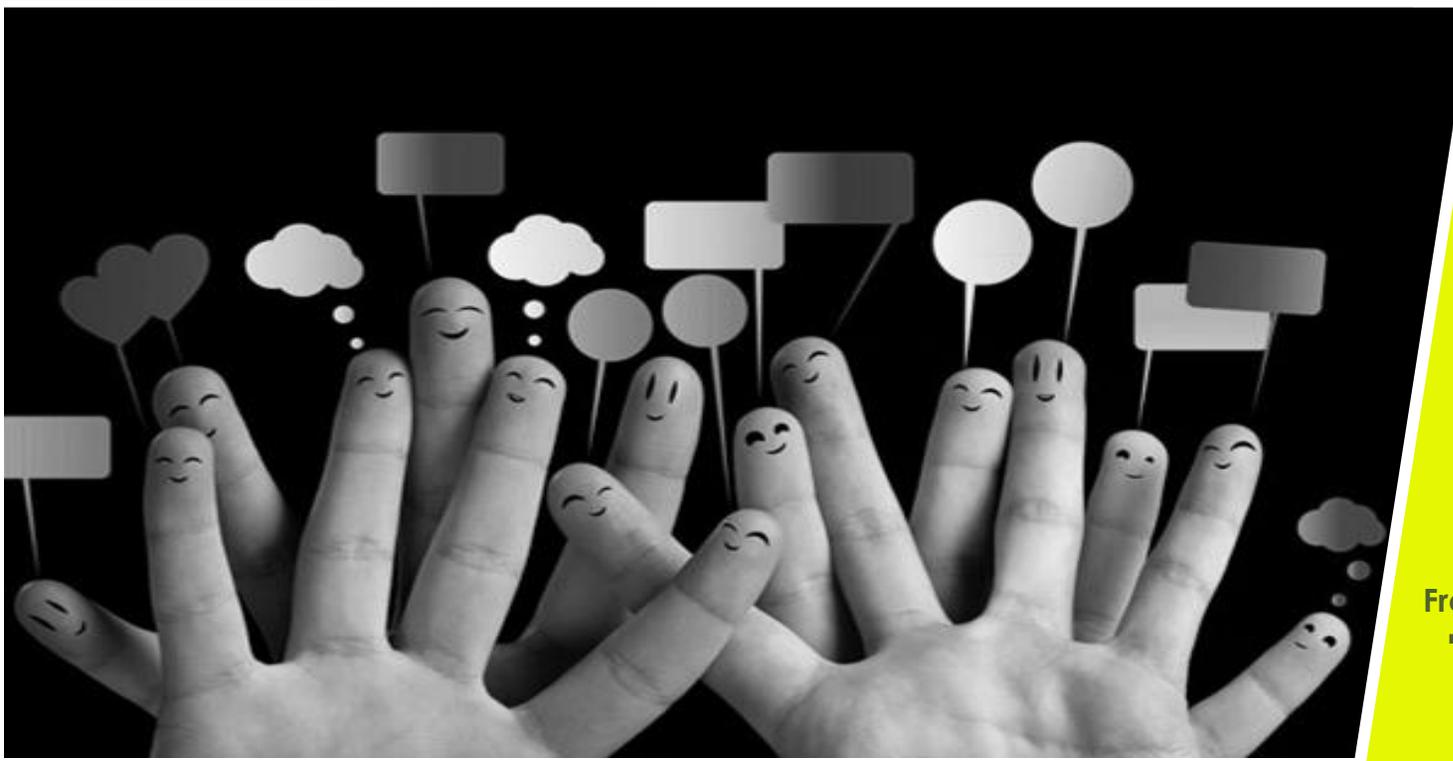
- We assist them in making a quit plan specific to their needs.

## Handling Stress

- We mentor youth in healthy ways to handle the stress they experience.
- We help youth understand how to deal with withdrawal from tobacco.

## Free Healthy Snacks

- Granola bars, crackers, and water are provided to youth.





## Did You Know?

**90%** of adults who smoke started smoking by the age of 18.

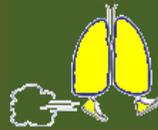
**99%** of adults who smoke started smoking by the age of 26.

- Teens who smoke are more likely to have panic attacks, anxiety disorders, and depression.
- Teenagers who smoke are 3 times more likely to use alcohol, 8 times more likely to smoke marijuana, and 22 times more likely to use cocaine.
- Hookah has 100 times more tar and 4 times more nicotine than regular cigarettes.

*It may take as many as 11 times for a person to quit tobacco. Your encouragement can really help them be successful.*

To schedule FREE services for youth, call

**1-866-NEW - LUNG**  
639 - 5864



Funded By County of Orange HCA/TUPP

**Do you work with youth?  
Want to help them quit smoking?**

Learn about our FREE  
**Quit Smoking  
Services For Youth**  
in Orange County!

