

Top 10 Quitting Tips

Source: www.njrebel.com



IF YOU WANT TO STOP TOBACCO USE, OR HELP A FRIEND TO STOP, HERE ARE 10 TEEN-TESTED TIPS:

1. Pick a quit date, and share it with others. Once you tell someone you're quitting, you are more likely to take it seriously. Family and friends are also more likely to understand if you are not always your upbeat self.

2. Stock up on healthy snacks, especially fruits and vegetables, such as apples and carrot sticks.

3. Toss out your old packs and lighters. No sense tempting fate!

4. Reward yourself. Use the dollars you're saving for some new clothes, video games, concert tickets, CD's - whatever gets you going.



5. Don't just sit there, do something. Go to the mall, hit the gym, phone a friend, visit your favorite website - any activity helps!

6. Try the buddy system. If a friend is up for it, you can help keep each other on track.

7. Get your teeth cleaned. Your pearly whites will motivate you to keep them that way!

8. Reward yourself. Did we say that before? Well, you deserve another one

9. Ask out a crush. Why not? Once you get rid of that bad breath and stale tobacco odor in your clothes, you'll be looking (and smelling) great.

10. If you are ready to quit today or if you just have questions about quitting soon, call or click QuitlineNC. You will be paired with a quit coach who can get to know you and your situation. **It's free.**



1-800-QUIT-NOW



About the Tobacco Prevention and Control Branch (TPCB)

The North Carolina Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles. Our goal is to build capacity of diverse organizations and communities to carry out effective, culturally appropriate strategies to reduce deaths and health problems due to tobacco use and secondhand smoke.



Tobacco Prevention and Control Branch

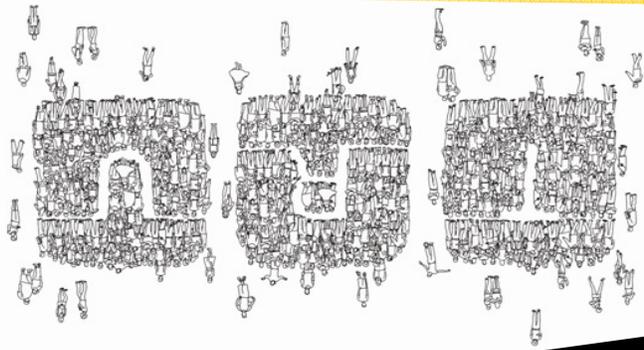
About TRU:

TRU is North Carolina's youth-led grassroots movement that has helped bring our state's teen smoking rates to the lowest on record. TRU stands for Tobacco.Reality.Unfiltered. Our name says a lot about us. We bring home the reality of tobacco use and are on our way to creating the state's first tobacco-free generation. The TRU movement rallies teens to take a stand against tobacco use and get the message out with activities like working with the media, encouraging local businesses to go tobacco-free or holding "cigarette butts pick-up" events.

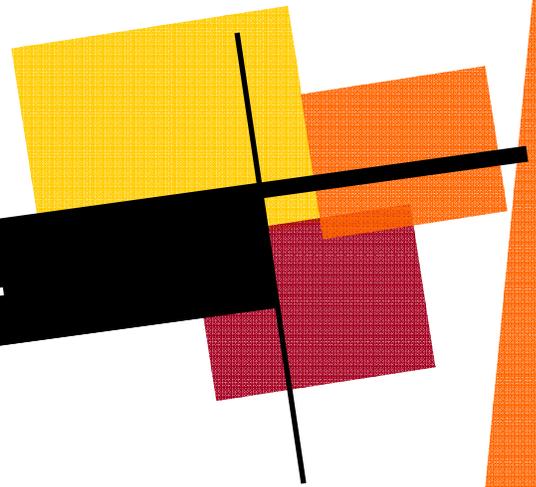
To find out more about TRU, please visit: www.realityunfiltered.com



TRU IS MAKING A DIFFERENCE. For more information about TRU in your community and how you can get involved, contact me to learn more:



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Join the movement

**WE ARE A
FORCE OF
TOBACCO-FREE
GOODNESS**



WHAT WILL YOU DO AS A TRU TEEN?



It's official: teen smoking is now at an all-time low. Across the state, teens are making sweeping changes. And you can help. As a TRU teen you will:

- Encourage others to become tobacco-free,
- Educate your peers,
- Speak to community leaders and decision makers,
- Meet with other teens in your region and across the state, and
- Develop fun, creative activities.

Meet New People

Build
Your Resume

Express Yourself

Show Your Care



TRU is making a difference. Contact me to learn more:
CONTACT INFORMATION:
INSERT COORDINATOR NAME 
INSERT AGENCY NAME and ADDRESS 
INSERT PHONE NUMBER 
INSERT EMAIL ADDRESS 

BE TRU
TAKE THE PLEDGE
STAY TRU
SPREAD THE MESSAGE
LIVE TRU
GET INVOLVED