

QUITTING



LEARNING OBJECTIVES



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1. Learn the benefits of quitting smoking or vaping



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1. Learn the benefits of quitting smoking or vaping
2. Understand the quitting supports available to you



BENEFITS OF QUITTING

The benefits of quitting and many start within days of your last cigarette or vape! So, what's in it for you if you quit?



BENEFITS OF QUITTING

Smoking tobacco is the number one cause of preventable disease and death in Canada.



BENEFITS OF QUITTING

Smoking and vaping is costly.

Quitting can save you hundreds of dollars - short term - and thousands of dollars over a lifetime.



BENEFITS OF QUITTING

Tobacco companies know their products are addictive and want you to be a customer for life.



PREPARING TO QUIT

If you are ready to quit, you
do not have to do it alone.



PREPARING TO QUIT

Studies show that it may take up to 30 quit attempts for you to stop smoking for good. Preparing yourself and thinking through your smoking triggers is important. Don't give up!



STOP SMOKING RESOURCES

www.swpublichealth.ca/quitsmoking

- Free
- Confidential
- Available on mobile devices



STOP SMOKING RESOURCES

www.swpublichealth.ca/quitsmoking

- Stop on the Net
- Breaking Free Online
- Ottawa Model for Smoking Cessation
- Talk Tobacco
- Ontario Drug Benefit - Pharmacist Supports
- Quashapp.com
- StopVapingChallenge



COURSE COMPLETED!

- You have now completed the Youth Tobacco & Vaping Intervention Program.
- Complete the final Quiz in the next section.
- Once you have completed the quiz you may download your results for your records.

