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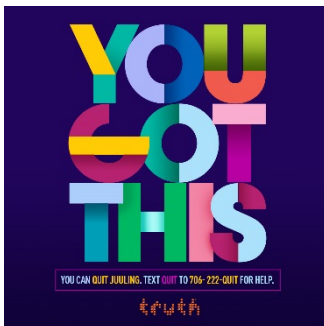
# TAKING DOWN TOBACCO

## WAYS TO ESCAPE THE VAPE RESOURCES

### 3 WAYS YOU CAN TAKE ACTION TODAY!

1. [tinyurl.com/BANFLAVORS](http://tinyurl.com/BANFLAVORS): tell the FDA to ban ALL flavored tobacco products including vapes
2. [tinyurl.com/REVERSETHEEPIDEMIC](http://tinyurl.com/REVERSETHEEPIDEMIC): ask your member of Congress to cosponsor the Reversing the Youth Tobacco Epidemic Act. It's super easy, and only takes a minute to do.
3. [TakingDownTobacco.org](http://TakingDownTobacco.org): learn the skills you need to advocate for change by completing FREE online courses and earn some cool swag

### FOR HELP WITH QUITTING



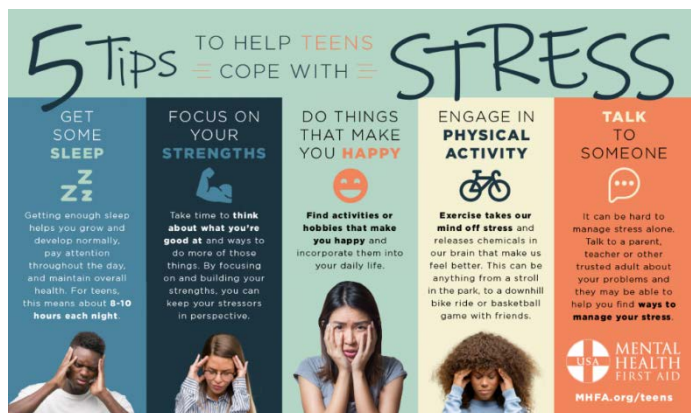
Share or Text **DITCHJUUL** to **887-09** for help quitting. Check out this [tinyurl.com/QUITVAPING](http://tinyurl.com/QUITVAPING) and other resources on truth's website.

Share or Call **1-800-QUIT-NOW** for FREE, confidential help to quit smoking.



Share or check out [tinyurl.com/QUITTIPS](http://tinyurl.com/QUITTIPS) from Juul users.

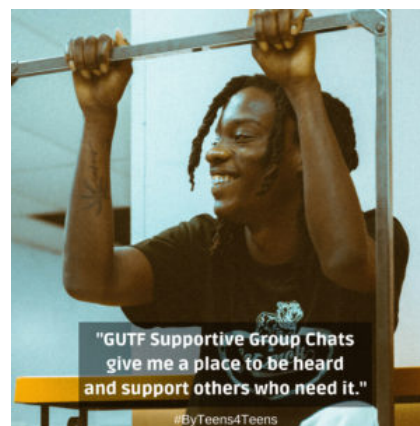
## RESOURCES FOR HEALTHY STRESS MANAGEMENT



For healthy ways to manage your stress, check out

[tinyurl.com/MENTALHEALTHFORTEENS](https://www.tinyurl.com/MENTALHEALTHFORTEENS)

[GiveUsTheFloor.org](https://www.giveusthefloor.org) is a teen-only safe and supportive online community where teens can learn how to share and listen both to each other and their own emerging voices and identities.



## ADDITIONAL RESOURCES

[Tfk.org/donttrustjuu](https://www.tfk.org/donttrustjuu) – learn more about how the Campaign for Tobacco-Free Kids and their partners are working hard to protect young people and reverse the e-cigarette epidemic.

[TakingDownTobacco.org](https://www.takingdowntobacco.org) – learn more about the online training program.

[KickButtsDay.org](https://www.kickbuttsday.org) – a national day of activism that empowers youth to stand up and speak out.

[TobaccoFreeKids.org](https://www.tobaccofreekids.org) – learn more about how the Campaign for Tobacco-Free Kids is a leading force in the fight to reduce tobacco use and its deadly toll in the United States and around the world.

[TheTruth.com](https://www.thetruth.com) – Check out and share the latest facts about vaping.

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[WWW.TAKINGDOWNTOBACCO.ORG](https://www.takingdowntobacco.org)