

Have you ever tried to quit smoking, but couldn't?
Have you ever felt like you were addicted to tobacco?

Not On Tobacco is designed to help 14- to 19-year-old smokers:

- r Quit smoking completely or reduce the number of cigarettes smoked
- r Increase healthy lifestyle behaviors
- r Improve life skills

Quit online: vtquitnetwork.org

Quit by phone: 1-800-QUIT-NOW

Quit in person: 1-800-LUNG-USA, Option 1

to find out how N-O-T can be implemented in your school!

† AMERICAN LUNG ASSOCIATION.