

# TOBACCO USE PREVENTION IN KENTUCKY



FOUNDATION FOR A  
**HEALTHY  
KENTUCKY**

## KENTUCKY TOBACCO PREVENTION & CESSATION PROGRAM

Stay in touch with the Kentucky Tobacco Prevention & Cessation Program by emailing [Ky.TobaccoFree@ky.gov](mailto:Ky.TobaccoFree@ky.gov) or signing up for the Monthly Memo newsletter at:

[TINYURL.COM/MONTHLYMEMO.](https://tinyurl.com/monthlymemo)

## MY LIFE, MY QUIT

My Life, My Quit offers free, confidential help to people 17 and under who want help quitting smoking, vaping, or other tobacco products.

VISIT [MYLIFEMYQUIT.COM](https://mylifemyquit.com) OR TEXT START MY QUIT TO 36072 TO GET STARTED.

## YOUTH COALITIONS

Register your youth coalition with the Kentucky Tobacco Prevention & Cessation Program to begin receiving information about upcoming events and training opportunities for youth!

[TINYURL.COM/KYYOUTHCOALITIONS](https://tinyurl.com/kyyouthcoalitions)

## FREE MATERIALS

Order free materials to promote My Life, My Quit and other resources:

[TINYURL.COM/KYTOBACCOMATERIALSRQUEST](https://tinyurl.com/kytobaccomaterialsrquest)



3.5 MINUTE VIDEO



1 MINUTE VIDEO



15 SECOND VIDEO



KENTUCKY RIVER  
DISTRICT HEALTH  
DEPARTMENT  
WEBSITE

These are videos that were created during a partnership with the 2021 Lee County Middle School 8th Grade Class. This project gave students the opportunity to learn about advocacy work and voice their opinions on smoke-free policy in their county. These videos will be aired on social media, local news stations, and during Lee Co. Fiscal Court meetings. The videos are different in length due to the platform they are going to be shown on.



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## Free Quit-Vaping Resources

*Compiled by the Foundation for a Healthy Kentucky*



**IF YOU'VE HEARD**

**VAPING IS SAFE,**

**YOU'VE HEARD WRONG**

ADULTS

**Quit Now Kentucky**, offers nicotine replacement therapy and counseling:  
<https://www.quitnowkentucky.org/en-US/>



PARENTS &  
GUARDIANS

**The Vape Talk**, a conversation guide from the American Lung Association:  
<https://www.lung.org/stop-smoking/vape-talk/>

AMERICAN LUNG ASSOCIATION.

**THE VAPE TALK**

TEENS & ADOLESCENTS

**DITCHJUUL**, Truth Initiative text message program: Text DITCHJUUL to 88709 or visit  
<https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-e-cigarettes>

**Not on Tobacco® (N-O-T)**, a 10-week voluntary program for small groups of teens ages 14-19:  
<https://www.lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html>

**Become a Smoke-Free Teen – Quit Vaping**, learn about different tools to help you quit and how to use them from the U.S. Department of Health and Human Services:  
<https://teen.smokefree.gov/quit-vaping>