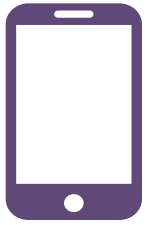




# Beat Your Cravings!

## Because you can't JUUL in school



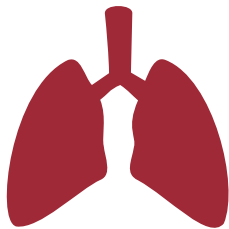
**Distract:** Find something else to do



**Drink:** Water, herbal tea, sparkling waters



**Delay:** Cravings usually go away after 10 minutes



**Deep breaths:** Breathe in for 5 seconds, exhale for 10



**Discuss:** Find a friend or a trusted adult



**Ready to Quit?**

Text "QuitKY" to 797979





# Increase Motivation to Quit!

Because you can't JUUL in school

- How is quitting **relevant** to you?
- What do you know about the **risks of using?**
- What would be **rewarding** about quitting?
- What **roadblocks** are there to quitting?
- **Repeat! Repeat! Repeat!**



Ready to Quit?

Text "QuitKY" to 797979

