



HOW TO STOP: CHEW OR SNUFF TOBACCO USE

Tips to Stop Using Smokeless Tobacco...

Think of reasons why you want to quit such as:

- ▶ You don't want to get cancer.
- ▶ People around you find it offensive.
- ▶ You don't like having bad breath after chewing or dipping.
- ▶ You don't want stained teeth.
- ▶ You don't want to lose your teeth.
- ▶ You don't like being addicted to nicotine.
- ▶ You want to live a healthy life.

Pick a quit date.

Throw out all of your chewing tobacco and snuff.

Tell yourself everyday that you are going to stop.

Say it out loud!

- ▶ Ask friends, family, teachers and/or coaches to help you kick the habit by giving you support and encouragement.
- ▶ Ask friends not to offer you chew or snuff.
- ▶ Ask a friend to stop with you.
- ▶ Ask your doctor or dentist about using nicotine chewing gum to help you quit.

Everyone is different. Develop a plan that works best for YOU.

- ▶ Set realistic goals and achieve them and reward yourself.
- ▶ Use the money you save by not using chew or other tobacco products and buy something nice for yourself.



Find something other than chew when you have a craving such as:

- Sugarless gum
- Pumpkin or Sunflower seeds
- Apple slices
- Raisins
- Dried fruit
- Moist coconut

Do things to keep your mind off of chew or snuff

- Ride a bike
- Take a walk
- Write a letter or email a friend
- Work on a hobby
- Listen to music
- Exercise