

OCTOBER-
DECEMBER
2025

Tobacco-Free
FOR A HEALTHY NEW JERSEY

DIGITAL
BACKPACK

CESSATION AND GREAT AMERICAN SMOKEOUT

HOW TO HELP SOMEONE QUIT SMOKING OR VAPING

Quitting tobacco is hard. But having support from partners, friends, and family members can really help a person trying to quit. Studies show that people with strong social support are more likely to quit and stay quit. If someone you know is trying to quit smoking or other tobacco products, there are many things you can do to help. [Read more here!](#)

**IT'S NOT ME,
IT'S YOU.**

**WE'RE
OVER.**



**ME & NIC
BROKE UP**

**The moment
you quit
smoking and
vaping**

your body starts to heal



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GREAT ♥ AMERICAN SMOKEOUT

*Quitting smoking isn't easy. It takes time and a plan.
You don't have to stop smoking in one day. Start with day one.*



Scan here to learn about
GASO and download
materials



Scan here to for tobacco
& nicotine
cessation resources

Let the Great American Smokeout on the third Thursday in November be your day to start the journey toward a nicotine and smoke-free life.



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TobaccoFreeNJ.com

IT'S NOT ME IT'S YOU, TOBACCO

Breaking up can be tough, but
staying healthy is worth it!



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Let's Talk About It

An **INCORRUPTIBLE.US** Podcast



Register Here
November 18th at 6pm



INCORRUPTIBLE.US

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**IT'S NOT LOVE
IT'S AN ADDICTION**

**WE ARE HERE
TO HELP!**

- ♥ In 20 minutes, heart rate and blood pressure return to normal.
- ♥ In 72 hours, breathing is easier, bronchial tubes relax, energy levels increase.
- ♥ In 1-2 years, heart attack risk decreases by 50%.
- ♥ In 10 years, Lung cancer risk is about half that of a person who is still smoking.

FREE QUIT RESOURCES



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HOT TOPICS

CRACKDOWN ON VAPES

U.S. officials are waging a robust crackdown on a surge of sophisticated illicit vaping products flooding U.S. markets, many of which appear designed to attract teenagers and avoid parental detection, an ABC News investigation found. The new generation of products, most of which are imported from China, feature vaping mechanisms that are concealed as backpacks, smartphone cases, highlighters and handheld video game consoles, officials said. The products, some of which include LED lighting, Bluetooth connectivity or hidden compartments, allow teens to vape discreetly while attempting to evade parents and teachers.

[Read more here](#)



Truth Initiative
@truthinitiative

New TEEN+ data from @CDCFound: Nicotine pouch use among youth has nearly quadrupled since 2022. Of those using, 84% using Zyn & most are also using other tobacco products, threatening to reverse progress in protecting the next generation. Read more:

Tobacco Epidemic Evaluation Network-Background- Tobacco Monitoring

From tobaccomonitoring.org

12:21 PM · Sep 19, 2025 · 680 Views

ATHLETIC NICOTINE

Athletic Nicotine is being marketed on social media as low-dose nicotine to reach athletes and increase focus and performance. Joe Rogan is featured on the Instagram page promoting the brand with claims the drug can serve as an "exercise performance enhancing tool".

WHY NICOTINE IS THE BETTER FOCUS-AID FOR PERFORMANCE:

- Faster reaction time
- No sugar
- No crash
- No jitters
- Sustained drive during training



LATEST PRODUCTS

The Humo Case is a 2 in 1 iPhone case that incorporates a disposable vape, delivering up to 30,000 puffs. Quoted directly from their website, "Humo Case eliminates the hassle of carrying a separate vape, making it the perfect travel-friendly option for active lifestyles. What makes the Humo Case stand out is its seamless integration of performance and protection. With drop-tested 10FT durability, premium flavor selection, and long-lasting puff capacity, it redefines how discreet and convenient vaping can be. Users enjoy bold flavor, dependable nicotine delivery, and the peace of mind that their vape is always within reach."



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YOUTH AND SCHOOL RESOURCES

ASPIRE

A free online, bilingual multimedia, evidence-based and educational program developed by The University of Texas MD Anderson Cancer Center. It is a fun and interactive tobacco prevention and cessation curriculum for teens.

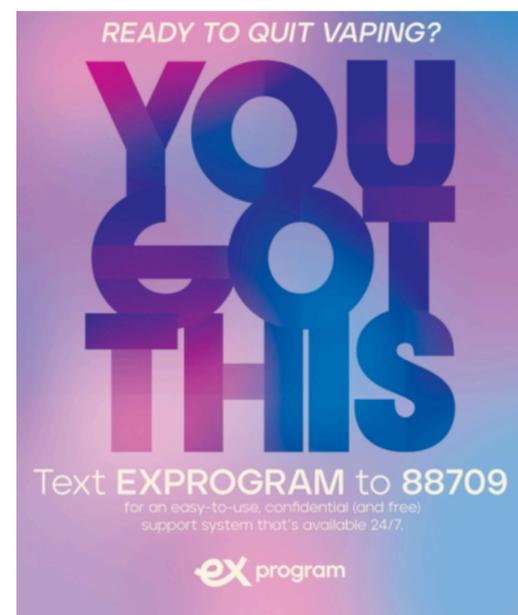


DON'T GET VAPED IN

A comprehensive, multi-strategy approach to the vaping epidemic among youth. The "Don't Get Vaped In" training manual includes three curriculums: Adult to Adult training, Adult to Youth training, and Youth to Youth training.

EX PROGRAM

A free anonymous app and text service created by the Truth Initiative that provides teens ages 13-18 with connections to other teens who are trying to quit, messages to keep you on track with quitting, and structured quitting exercises. **Text EXPROGRAM to 88709**



INCORRUPTIBLE.US

Incorruptible.us is New Jersey's youth-led Youth Tobacco Action Group (YTAG). Teens ages 13-18 can join their county chapter to focus on educating & mobilizing peers to take action to create tobacco-free communities.

**INCOR
RUPTI
BLE.US**



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QUIT RESOURCES

NJ QUITLINE

Free, 24/7, chat, web, or phone service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success. Youth services available for ages 13-17.



MOM'S QUIT CONNECTION FOR FAMILIES

This program provides free, one-on-one counseling for pregnant and postpartum people; moms, dads, and family members who want to quit smoking to protect children, 8 and under, from exposure to harmful tobacco smoke.



TFHNJ QUIT CENTERS

Tobacco Free for a Healthy NJ has Quit Centers covering eleven counties across the state. The Quit Centers will provide support and guidance to create a quit plan, explore and provide Nicotine Replacement Therapy (NRT), and provide individual and group counseling sessions free of charge.



QUIT FOR KIDS

Quit for Kids is a statewide texting program as part of MQC for Families specifically for pregnant people and partners; parents, family members and caregivers of children under 8. Live chat feature with a Quit Coach is available. Enroll and receive personalized messages, text QUITFORKIDS to 53016

