



# Stop Vaping Tips for Young People

March 2025



If you are thinking of  
stopping vaping, these tips  
can help you get started.

**QUIT  
YOUR  
WAY**  
with our  
support

## Know why you vape



Think about why you vape. If you stopped vaping what would this mean for you? For example, more money, better physical or mental health.

## Know your use

- ▶ **How often are you vaping?**  
For example, every half hour, every hour or more.
- ▶ **How long are you vaping for each time?**  
For example, a couple of puffs, for a few minutes or more.
- ▶ **How much nicotine are you vaping?**  
Vapes come in different strengths, disposable vapes tend to have the highest level of nicotine 20mg/ml.
- ▶ **Where and when do you vape?**  
Think about the people and activities you link with vaping. For example, first thing in the morning, when feeling stressed or bored. It can be good to write this down.

## Know what to expect

- ▶ Most vapes contain nicotine, which is an addictive chemical.
- ▶ When a person regularly has nicotine and then stops vaping their brain and body must get used to not having it and they may experience temporary withdrawal symptoms. For example, headaches, anxiety, restlessness and the urge to vape.
- ▶ Think about what you could do to distract yourself if you have any cravings or withdrawal symptoms. For example, listening to music or chatting with a friend.

## Know how to look after your mental health

- ▶ If you have been vaping to manage stress or anxiety, it's important to look at other ways to look after your mental health.
- ▶ There are many resources available to help with this; you could ask someone you trust at school, college or in your community for guidance.

## Quit in one-step

- ▶ Pick a date, let those you trust know when you are stopping vaping and discuss what they can do to help you.
- ▶ Remove all vapes and where possible yourself from where others are vaping.
- ▶ Think about the times where you might get the urges to vape and plan for how you could distract yourself or change your routine
- ▶ If you have a blip and you vape don't be hard on yourself. Think about why you vaped, next time you get that urge to vape what could you do instead.
- ▶ Celebrate your success by planning rewards. For example, at the end of week-one rewarding yourself by taking the money you would have spent on vaping and treating yourself at the shops.
- ▶ Quitting in one-step can be hard if your brain is used to regularly getting nicotine. Another way to quit is to cut-down to quit.

## Cut down to quit

- ▶ Pick a date, let those you trust know that you are cutting down to quit from this date and discuss what they can do to help.
- ▶ Set rules for yourself, about where you do and don't vape to start to cut down your use (e.g. only use when outside of your home).
- ▶ Change your routine, think about the times and activities where you vape. Making small changes to your daily routine can help to break your vaping habits. For example, if you vape when you first wake up try having breakfast instead.
- ▶ Remove temptation by putting your vape away out of sight when not used, only buy one vape or refill at a time or try switching to a flavour you like less.
- ▶ Reduce how long and often you vape by taking smaller puffs, increasing the time between vaping (**for example, if vaping every 20-minutes increase this to every-40 minutes**), start later in the day and finish earlier at night. This will help you to break the habit of regular vaping.
- ▶ Reduce the strength of nicotine (**from 20mg-18mg-12mg-6mg-3mg-0mg**). The speed at which you reduce is up to you. Staying at the reduced strength for a week or two or longer if not feeling ready to drop down to the next nicotine strength. It may not be possible to reduce the strength of nicotine if using a disposable vape as these do not have the same selection of strengths available.
- ▶ Think about the times where you might get urges to vape and plan for how you could distract yourself.
- ▶ Celebrate your success by planning rewards. For example, at the end of week one rewarding yourself by taking the money you would have spent on vaping and treating yourself at the shops.

**Know what may help and make your plan**



Think about if you want to stop in one-step or if you want to gradually cut down your vaping to stop. However you decide to stop vaping,

**You can do this!**

## Notes

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**Feedback and  
comments**

If you have any feedback or would like more information, please contact: [ggc.quityourway.schools@nhs.scot](mailto:ggc.quityourway.schools@nhs.scot)