FOR FAMILIES

A NOTE ABOUT NICOTINE, AND A LETTER YOUR STUDENT MIGHT BRING HOME

Hi, I'm Chad Kempel. I spoke at your student's school, and part of my talk was about vaping and smoking.

Here is the short version of what they heard. Most kids their age don't use nicotine at all. In the 2025 National Youth Tobacco Survey about 93 out of every 100 middle and high school students hadn't used a vape, a cigarette, a pouch or any other tobacco product in the past month. Nicotine is hard to quit, so the kids who do use it aren't bad kids. They need help, and free help exists.

I also told them about iamaquitter.com, a free site I built. One part of it helps a kid write a letter to someone they love who smokes or vapes. If your student hands you one, it took courage, so thank them even if you're not ready to quit.

If your kid vapes

- Anyone 13 or older can text **EXPROGRAM** to **88709**. It's a free and confidential texting program from Truth Initiative.
- Idaho teens 13 to 17 can text **Start My Quit** to **36072** or call **1-855-891-9989** for a free coach from My Life, My Quit. Its site, mylifemyquit.com, has pages for parents and guardians.
- Your child's doctor can help, and for kids under 13 that's the place to start.
- Ask questions before you lecture. "What do you like about it?" and "Have you ever tried to stop?" are good ones to start with.

If you smoke or vape

- Call **1-800-QUIT-NOW**. It's free and it connects you to your state's quitline.
- In Idaho the quitline is Project Filter (projectfilter.org), which offers free nicotine patches, gum or lozenges.
- Your doctor can help with medicine that makes quitting easier.
- Idaho's health department says it commonly takes five to seven tries to quit smoking for good, so another try is still worth it.

If something bigger is going on

Call or text **988** any time.

iamaquitter.com has no sign-up, collects nothing from students and doesn't sell anything.

Chad Kempel, chadkempel.com. The student figure comes from the FDA's results for the 2025 National Youth Tobacco Survey.