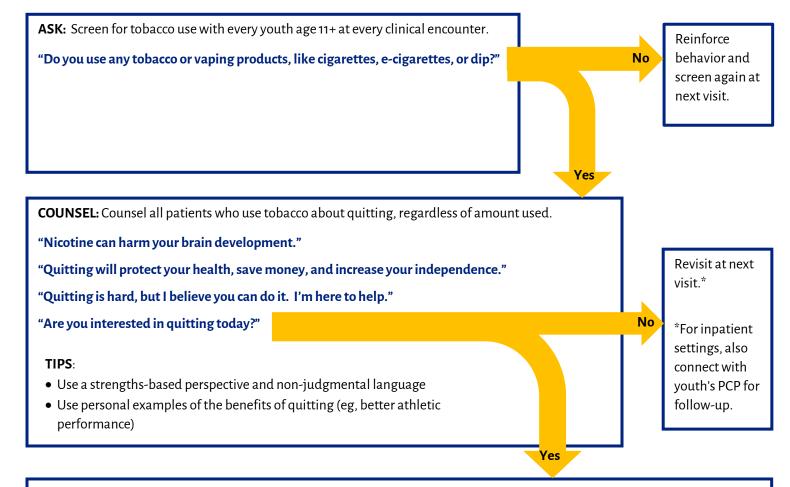
## Youth Tobacco Cessation: How to ACT (Ask-Counsel-Treat) in 2-3 Minutes

This tip sheet provides 3 easy steps that every pediatric health clinician should follow to address youth tobacco use at every clinical encounter. The steps are designed to allow for a meaningful intervention with minimal workflow disruption. For a full, detailed strategy for addressing youth tobacco cessation, please visit <a href="https://www.aap.ora/vouthcessation">www.aap.ora/vouthcessation</a>.



**TREAT:** Link youth to appropriate behavioral supports; consider prescribing cessation medication when indicated.

"There are programs that can help you quit. Would you rather get support by text, online, or phone?"

"This program will help you make a quit plan and stick with it. It will also help you deal with cravings and triggers."

"I'll follow up with you in a few weeks to see how it's going."

## TIPS:

Choose a program that meets youth's needs and link them while they're in your office. Options include:

- Text: Text "QUIT" to 47848
- Online: www.teen.smokefree.gov
- Phone: 1-800-QUIT-NOW

For a full list of programs, visit www.aap.org/help2quit

## Assess whether NRT may be appropriate for your patient:

For full details on prescribing NRT to youth, including contraindications and dosing guidelines, visit <a href="https://www.AAP.org/NRT">www.AAP.org/NRT</a>

**Follow up** with youth after their quit date to assess progress and offer additional support. Anyone on the patient care team can handle this follow-up conversation; follow your typical office workflow.