



Notre Dame High School is committed to providing a healthy environment for our students. We do not allow our students to use tobacco or nicotine products of any kind on campus. We believe that we must educate our students about the dangers of vaping, particularly to prevent them from starting an unhealthy habit. We must also provide them with the tools to help them quit if they have already started. Education and assistance are intertwined as we meet our students where they are, to help them to manage a healthy lifestyle. We have shared with them the facts about vaping and are now providing them with tools to help them stop.

Assistance to Quit Vaping/Smoking

- Apps



- Texting

SmokefreeTXT

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>

Practice Quitting

<https://smokefree.gov/tools-tips/text-programs/practice-quitting/practice-quit>

This is Quitting Text DITCHJUUL to 88709

- Phone numbers

1-800-QUIT-NOW

1-877-44U-QUIT