

# HOW TO STOP: Chew or Snuff Tobacco Use

## Tips to Stop Using Smokeless Tobacco...

- ⇒ Think of reasons why you want to quit, such as:
  - You don't want to get cancer
  - People around you find it offensive
  - You don't like having bad breath after chewing or dipping
  - You don't want stained teeth or you don't want to lose your teeth
  - You don't like being addicted to nicotine
  - You want to start leading a healthier life
- ⇒ Pick a quit date and throw out all of your chewing tobacco and snuff
  - Tell yourself everyday that you are going to stop. Say it out loud.
- ⇒ Ask friends, family, teachers and/or coaches to help you kick the habit by giving you support and encouragement.
  - Ask friends not to offer you chew or snuff
  - Ask a friend to stop with you
- ⇒ Ask your doctor or dentist about using nicotine chewing gum to help you quit.
- ⇒ Find something other than chew when you have a craving such as:
  - Sugarless Gum
  - Pumpkins or Sunflower Seeds
  - Apple slices
  - Raisins
  - Dried Fruit
  - Etc.
- ⇒ Find activities to keep your mind off of chew or snuff such as:
  - Ride a bike
  - Take a walk
  - Write a letter or send an email to a friend
  - Work on a hobby
  - Listen to music
  - Exercise
- ⇒ Remember that everyone is different. Develop a plan that works best for YOU.
  - Set realistic goals and achieve them
- ⇒ Reward yourself
  - Use the money you save by not using chew or other tobacco products and buy something nice for yourself.

