



# Apponequet Regional High School

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2019-2020 School Year

ARHS Families,

The following resources have been compiled to assist you in addressing concerns related to vaping. In addition to the resources listed below, your student is encouraged to seek additional information through our Guidance and Wellness Departments.

*On September 24th, Governor Baker declared a public health emergency in response to the outbreak of severe lung disease associated with e-cigarettes and vaping products and the epidemic of e-cigarette use among youth. With the approval of Governor Baker, Commissioner Bharel of DPH issued an Order to pause all sales of e-cigarette and vaping products for four months. You can learn more at: [www.mass.gov/vapingemergency](http://www.mass.gov/vapingemergency).*

*The following is a variety of resources available to young people to assist them and their families in quitting vaping/tobacco use, making healthier choices, and supporting a tobacco and drug-free lifestyle.*

## **Youth Quit Vaping/Tobacco Resources**

- **This is Quitting** powered by **truth®** is a free and confidential texting program for young people who vape. Young people can text "VapeFreeMass" to 88709 to get started.
- **My Life, My Quit** has youth coach specialists trained to help young people by phone or text. Young people can call or text "Start My Quit" to 855-891-9989 for free and confidential help or visit **[www.mylifemyquit.com](http://www.mylifemyquit.com)** to sign up online.
- Visit **[www.teen.smokefree.gov](http://www.teen.smokefree.gov)** for tools and tips.
- Encourage young people to ask their school nurse or counselor, athletic coach, doctor, parent or other trusted adult for help.
- For more information, young people can visit **[www.mass.gov/vaping](http://www.mass.gov/vaping)**, and parents/adults can visit **[www.GetOutraged.org](http://www.GetOutraged.org)**

Regards,

ARHS Administration

### ***Achievement, Resilience, Honor, Self-Advocacy***

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