

**SOUTHWEST  
ALLIANCE FOR  
TOBACCO  
PREVENTION**

## In The News



### **JUUL Settles North Carolina Lawsuit For Role In Igniting National Youth E- Cigarette Epidemic**

Today's settlement with the state of North Carolina against JUUL is an important step forward in holding the e-cigarette company accountable for igniting the national youth vaping epidemic. It sends a strong message that state officials will not sit idly by as the industry recruits young people to become the next generation addicted to nicotine, which research shows can have profound negative effects on their

physical and mental well-being.

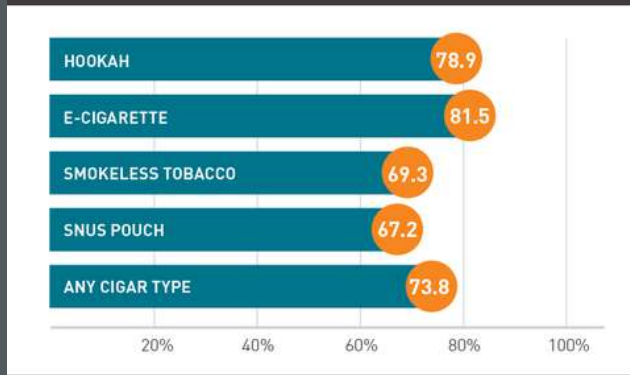
[Learn More](#)

## Flavored tobacco use among youth and young adults

Youth and young adults use flavored tobacco products more than other age groups. Additionally, flavored products are often the first tobacco products youth and young adults ever use.

[Learn More](#)

**Flavored Tobacco Product Use Among Youth Non-Cigarette, Past 30 Day Tobacco Users (ages 12-17)<sup>8</sup>**

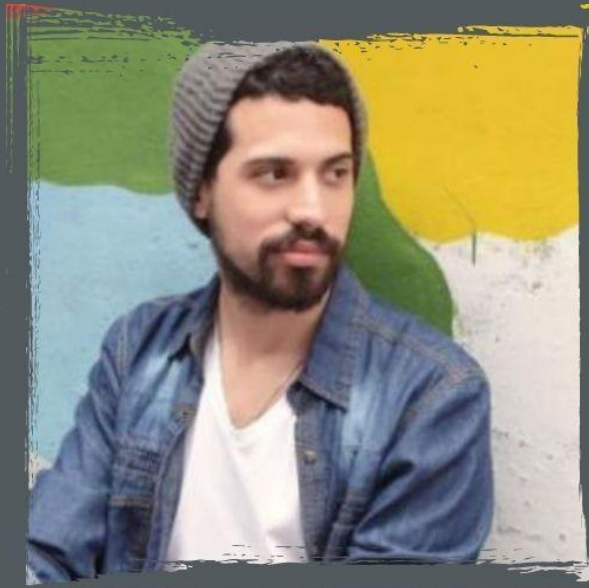


## Educational Opportunities

## My Quit Day

Congratulations on deciding to quit smoking—today is a great day for it! Your first day without cigarettes can be difficult, but we've got resources to help you get through cravings, manage withdrawal symptoms, and stay motivated to become smokefree.

[Plan Your Day](#)



## Tobacco Triggers

There are many reasons why teens smoke or use other types of tobacco. You may smoke to deal with stress, fit in, or because it seems like most people your age smoke. Understanding your reasons for using tobacco can help you identify your triggers and learn how to manage them without using tobacco.

[Learn About Your Triggers](#)

[Please Consider Donating](#)

Empowering healthy behaviors through and  
advocacy to sustain a tobacco free life.

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**FACT**

