

# ASSISTING YOUTH TO QUIT - ASK AND ADVISE

## ASK

**"Have you used tobacco products in the last 30 days?"**

(this includes cigarettes, cigarillos, pipes, chew tobacco, snus, snuff, cigars, waterpipes, and betelnut)

**NO**

Document on File or Chart.  
Check later to ensure tobacco use status has not changed.

**YES**

## ASK

**"How many cigarettes per day (or week) do you smoke?"**

**"How many times per day (or week) do you chew?"**

## ASK

**Have you ever tried even one puff (or some chew)?**

**NO**

**YES**

## ADVISE

**Regular tobacco users (daily use):**

**"Quitting tobacco is great for your health, appearance, fitness and finances"**

**For recent initiators or occasional users (non-daily users):**

**"You might not have used tobacco long enough to feel addicted, but your chance of getting hooked is greater with each cigarette (chew). I strongly encourage you to quit now, before it becomes more difficult and starts to have an effect on your health, appearance, fitness level and finances"**

## ADVISE

**"I can help you succeed at quitting tobacco for good"**

**NO**

Ask permission to provide handouts and a list of websites to visit (see pg. 21 ) and make a note to offer your help again in the future.

**YES**

**Try one or two of the following resources:**

- ????? Quiz pg.6
- Readiness Ruler pg.7
- G's and NG's pg.8
- Top 10 List pg.9
- Label Me (What type of tobacco user are you?) pg.11
- "Let's Get out of Here !!" (Plan your escape route) pg.12