

Quit tobacco. Make everyone proud.

You can play an important role in helping your troops quit using tobacco. They are motivated—to do it for themselves and for everyone who cares about them.

4 Steps to Quitting Tobacco:

- 1. Thinking about quitting**
- 2. Preparing to quit**
- 3. Quitting**
- 4. Staying quit.**

We can help. Visit www.ucanquit2.org.



Help Them Quit

- ★ Be supportive. Times will get tough, and cravings will come. Let them know that you support their decision to quit and want them to succeed.
- ★ Help them stick with it. Withdrawal symptoms and cravings will pass if they can resist the urge to use tobacco. Remind them why they want to quit and the benefits they'll get from doing so.
- ★ Help them through challenges. If you are a tobacco user, refrain from offering them a cigarette or dip, but don't exclude them from the group. If you see others offering tobacco, speak up to let everyone know that you support their decision to quit.

We can help your troops quit smoking or chewing. Visit www.ucanquit2.org.