

## The 5 A's: Talking To Teens About Tobacco Cessation

PPS TOBACCO CONTROL ADVOCACY GROUP, April 2019  
(Adopted from AAP, Julius B. Richmond Center of Excellence)

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**ASK** the right questions.

Ask all adolescents about tobacco use as part of routine screening.

Ask about use of traditional cigarettes, e-cigs (vape, juul, sourin, hookah).

Ask about use of e-cigs (vape, juul, sourin, hookah) among friends and family.

**ADVISE** against tobacco use and **ASSESS** readiness to quit. If the adolescent is using tobacco, even once in a while, talk with him/her about stopping.

Key messages:

- \* *BE CLEAR*: Explain that smoking or using any form of e-cigarettes will lead to nicotine addiction which can harm his developing brain specifically his prefrontal cortex -the brain CEO, responsible for mood, behavior and impulse control. Explain that stopping tobacco use is an important way to protect one's health and let the adolescent that you care about his health and you can help him stop.
- \* *BE PERSONALIZED*: Explain that quitting tobacco will benefit his other interests like better lung function for best athletic performance and allow him to save money for his worthwhile hobbies and other personal needs.
- \* *RESONATE WITH TEENS*: Explain that quitting tobacco is good for one's health and helps avoid unclean appearance - bad breath, stained teeth, premature wrinkling of skin, and body odor like smoke.
- \* *BE CLEAR ON TOBACCO INDUSTRY'S DECEPTION* : Tobacco industry, both cigs and e-cigs industry, targets the youth as replacement smokers. Smoking should never be part of growing up, not a good "adulting" behavior and practice. Smoking when started in the young makes them harder to quit due to nicotine's effect to the synapses on his developing brain.
- \* Ask the teen if he / she is interested in quitting tobacco use.



**ASSIST:** If the adolescent is **Ready to Quit**

Help the teen set a quit date.

Avoid major stressors i.e. exams, project deadlines.

Anticipate challenges and identify strategies for success such as: *coping with withdrawal symptoms; handling situations that raise the risk of tobacco use ; finding social support from family and friends.*

If the adolescent demonstrates severe tobacco dependence or has withdrawal symptoms, **refer to our DOH Quitline 165364 or text STOP SMOKE to (29290) 165364.**

**Do not recommend e-cigarettes!** There is no study that proves e-cigs help smokers quit. Studies have shown that use of e-cigs make them become dual users.

**ASSIST :** If an adolescent is **Not Ready to Quit** Discuss the 5R's :

- \* Relevance of quitting
- \* Risks of not quitting
- \* Rewards related to quitting
- \* Roadblocks that may arise
- \* Repetition: It may take several quit attempts to succeed! The bottomline is successfully quit the smoking habit!

Offer encouragement and ask them to start thinking about stopping .

Assure the adolescent that you are there and have time to help them when they are ready to stop.

**ARRANGE** a Follow-up Discussion

Talk with the adolescent by phone, texts, messenger, viber or in the office to see how the quit attempt is going. Relapse is common, and support from the DOH QUIT line, or school tobacco control personnel, or the PPS Social Media page/messenger "Pinoy Kids for Smoke Free Philippines" can help the adolescent learn from relapse and lead to eventual success.

