

SO YOU'RE A SIDEKICK. NOW WHAT?

ASK MAGICAL QUESTIONS!



“Can you imagine waking up tomorrow and not smoking?” or “How would your day change if you quit smoking?”

LISTEN FOR CHANGE TALK!

“I wish...”, “I need to...”,
“I’m going to...”,
“I plan to...”,
“I can...”, “I’m ready to...”



END ON A POSITIVE NOTE!

Ask if you can check back in soon.
Remind peers about the
free quit resources available.



REMEMBER: AMBIVALENCE HAPPENS!

Feeling two ways about something
is normal. Sidekicks support peers
by listening and talking about options.



WEARESIDEKICKS.ORG

WHY TALK ABOUT TEEN VAPING/TOBACCO USE?

SIDEKICKS

are teens who are trained and provided with ongoing support to be successful in holding respectful, helpful conversations around quitting with peers who use tobacco/nicotine.



WEARESIDEKICKS.ORG



Tobacco use is the #1 cause of preventable disease in the United States.

Nearly 9 out of 10 adult smokers start using tobacco before age 18.

Youth who vape are 4x more likely to start smoking cigarettes.

YOUR SIDEKICKS ADVISOR IS: