



## LET'S REVIEW

When you quit smoking, you might be triggered by doing things you did when you smoked - like hanging out with your crew before or after school. At first, think about skipping out and doing something else - your friends will understand. If that's not an option, have a plan to stay smokefree (like what you're going to say when the pack gets passed to you) because you could be triggered to smoke. Ask a friend to keep you honest, and come with an excuse to bail if the craving hits. Keeping your hands busy also helps!