



Welcome to dropthebutts.org

dropthebutts.org is a website to help you do exactly that, drop the butts, you know, quit smoking. Too many teens that smoke would like to quit but they don't because it is "too hard". Well that is where this site comes in to play; the tips on this site can help you and your friends quit smoking for good and begin a healthier lifestyle.



At this point in time you have made a conscious decision to look for more information on how you can quit and where you can get help. Well, whether you have come to this website by recommendation or just happened to stumble upon it, you are in the right place. If you are serious about quitting, still questioning the idea, or already quit and looking for support you can find it here.



This site will help guide you through the steps of getting set free from smoking and maintaining yourself throughout your decision. Make sure to check out our chat room in the shout-outs section for helpful information and support.

Success Stories

Learn about former smokers who have quit once and for all:

I can finally climb a flight of stairs and not be winded. I feel healthy again, like I can breathe deeply and not cough up a lung afterwards. I haven't had Bronchitis since I quit. I was able to afford a trip to Disney World twice with all the money I have saved since I quit. It's an amazing feeling not to be a slave to the tobacco industry anymore.

- Meghan 19, Syosset

I smoked for 4 years and was really starting to lose motivation to do sports and activities that I had done all my life. Smoking had made it so difficult to run and perform that I decided to stop playing soccer. Now that I have quit I feel great I started playing soccer again for my school team.

- Dean 16, Ronkonkoma

I have been feeling great since I quit smoking. What started as a social cigarette with friends on lunch break had become an addiction. It wasn't easy to quit but was completely worthwhile. I have been saving a lot of money now and actually have begun to save money to get my first car so I don't have to drive my parents' car around anymore.

- Jessica 18, Carle Place

I used to steal cigarettes from my parents' cartons and got caught many times, but kept smoking anyway. My mother got sick with Bronchitis. The doctor told my mom to quit before it became Emphysema. My mom talked the whole family into quitting. We all feel better and the house smells better too!

- Jeremy 15, East Quogue

Q: HOW MANY TEENS REALLY SMOKE?

A: LESS THAN 25 % OF TEENS SMOKE. MOVIES AND ADS MAKE IT SEEM HIGHER.