

PARENTS – HELP KEEP YOUR KIDS TOBACCO-FREE

KNOW THE FACTS ABOUT YOUTH AND TOBACCO USE

Kids who use tobacco:

- ❖ Cough and have asthma attacks more often
- ❖ Develop more frequent and serious respiratory problems
- ❖ Have poorer athletic performances and endurance
- ❖ Are more likely to use alcohol and other drugs such as cocaine and marijuana
- ❖ Become addicted to tobacco and find it extremely hard to quit.
- ☠ Spitting tobacco and cigars are not safe alternatives to cigarettes.
- ⊕ *Tobacco use is the single most preventable cause of death in Canada causing heart disease, cancers and strokes.*

TAKE A STAND AT HOME – EARLY AND OFTEN

- ❖ Despite the impact of movies, music, and TV, parents have the greatest influence in their kid's lives.
- ❖ Talk directly to children about the risks of tobacco use; if friends or relatives died from tobacco-related illness, let your kids know.
- ❖ If you use tobacco, you can still make a difference. Your best move, of course, is to try to quit. Meanwhile, don't use tobacco in your children's presence, don't offer it to them, and don't leave it where they can easily get it.
- ❖ Start a dialog about tobacco use at age 5 or 6 and continue through their high school years. Many kids start using tobacco by age 11, and many are addicted by age 14.
- ❖ Know if your kids' friends use tobacco. Talk about ways to refuse tobacco.
- ❖ Discuss with kids the false glamorization of tobacco on billboards, and other media, such as movies, TV, and magazines.

Tobacco-Free
sports

Adapted from the Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention 1-800-CDC-1311 or (770) 488-5705 <http://www.cdc.gov/tobacco>



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