

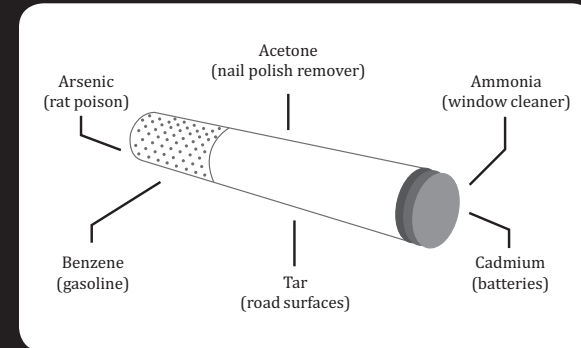
TRUE OR FALSE ANSWER KEY

Find out more about the importance of talking to your child about not using tobacco. Answer the questions on the back and then check here for the correct responses.

- 1. True.** Youth with a family member and a best friend who use tobacco have a 90% greater chance of smoking than youth who don't.
- 2. False.** Youth who use tobacco even for a short time suffer more from coughs, asthma, chest colds and lung infections.
- 3. True.** In Alberta, it is estimated that 18% of youth will have tried smoking by 10 years old.
- 4. False.** Addiction to nicotine happens faster in youth than adults. They can show signs of addiction after smoking only a few cigarettes. They can become dependent on tobacco in a few weeks while smoking only once in a while.
- 5. False.** As children grow older, what their parents say seems to become less important than what their friends say. What parents do around their children can have more influence than what they say. Model healthy behaviours by making your home and car tobacco-free.
- 6. False.** Most children have a strong moral view of the world until they are nine years old. They find it easy to sort out what is good and bad. As they age, using tobacco can become a way to fit in.

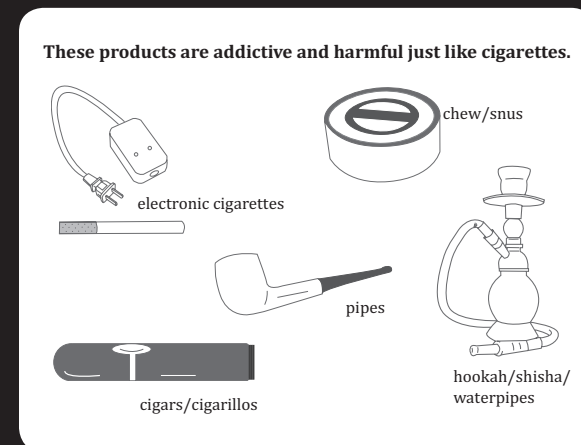
What's in a cigarette?

No matter what their age, don't assume your child already knows the dangers of tobacco. Talk about what tobacco products contain.



Don't be fooled by tobacco in disguise.

Tobacco is harmful no matter how it is used. Cigarettes are not the only way young people use tobacco.



All of these products can have nicotine in them, even when the label says they don't. They can also have the same harmful chemicals that cigarettes do. Talk to your child about the importance of not using any type of tobacco.

I smoke, so how can I talk to my child about tobacco?

Parents who smoke can help their children to be tobacco-free.

Talking about tobacco works.

Research has shown that when parents who smoke talk to their children about it, their children are much less likely to smoke.

Children often do not understand that using tobacco is a powerful addiction and that it is very hard to quit. Chances are, you have tried to quit before. Tell your child how you got hooked on tobacco and how hard it is to quit. Tell them how much it costs and how it affects your health and how you look.

If you are thinking about quitting, we can help. For more information and support, call AlbertaQuits at 1-866-710-QUIT (7848).



If **you** don't talk to me about **tobacco...**

I could start using it by my **10th** birthday.



It's never too early...

The best thing you can do is talk to your child about not using tobacco.



HOW TO TALK TO YOUR CHILD ABOUT TOBACCO

WHEN TO BRING IT UP

Plan to talk about tobacco many times throughout your child's developing years. Whenever you have time together, you can talk about tobacco. It doesn't have to be formal. Some of the best times to talk might be: when you are in the car, during meals, before bedtime, or during a walk.

KNOW WHAT MATTERS TO YOUR CHILD

Talk to your child about how using tobacco could affect things that are important to them. Use the list below to make your conversation personal.

- **looking attractive:** People who use tobacco have yellow teeth, more wrinkles, and bad breath.
- **grades in school:** Young people who use tobacco have lower grades in school.
- **playing sports:** People who use tobacco have trouble breathing and slower reflexes.
- **being healthy:** Young people who use tobacco have more health problems.
- **making own decisions:** Tobacco companies go after young people to get them addicted for life.

WHEN TO BRING IT UP

Listen to what your child has to say about using tobacco. Ask about the pressures they may be facing or how tobacco use is portrayed in the movies and on television. Talk about what they could do if they were offered tobacco. Let your child know they can tell you what is really happening and that you can help. If you find out your child is using tobacco, don't panic. You are not alone, we can help. Call AlbertaQuits at **1-866-710-QUIT (7848)** or visit **albertaquits.ca**.

Keep talking!

The pressures on a child to try tobacco continue from youth to adulthood. Your first conversation shouldn't be your last.

FAMILY PLAN FOR A TOBACCO-FREE HOME AND CAR

Second-hand smoke contains 7,000 harmful chemicals. Some are known to cause cancer. Smoking in the home and car affects the health of all family members, including pets.

The best way to protect your family is to make your home and car tobacco-free.

Work together as a family to make a plan.

- Talk about the good things about a tobacco-free home and car.
- Give everyone a chance to speak.
- Plan for guests who may want to smoke.
- Set up an area outside away from doors and windows for smokers to use.
- Remove all ashtrays from inside your home and clean out the one in your car.
- Hang signs to welcome guests to your smoke-free home and vehicle.

Celebrate your success as a family. It may take some time for everyone to adjust and small set backs might occur.



true or false?

This quiz will help you find out what your child is up against. You can also use it to start talking to your child about tobacco. Answer each question as true or false then see the back for the correct responses.

- 1 If your son's friends smoke, you should be concerned about him starting to smoke too.
- 2 If your daughter is only smoking a couple of cigarettes a week, it really won't be enough to affect her health.
- 3 Many young people start trying tobacco as young as 10 years old.
- 4 Young people only use tobacco once in a while so it is easy for them to quit.
- 5 It is a waste of time for you to talk to your teens about tobacco because they don't listen to their parents.
- 6 If your daughter has hated tobacco smoke since she was a little girl, you will not have to worry about her ever starting to smoke.