

TOBACCO! TALK ABOUT IT

Tobacco is the leading cause of preventable death in Canada. According to the 2008 Adolescent Health Survey, 26% of students have tried smoking, some starting as young as 9 years old. Someone who uses tobacco can become addicted to smoking after only 2 cigarettes or 1 wad of chewing tobacco. As a parent, you can help your child stay tobacco-free by talking openly about the dangers of tobacco and addiction, even if you use tobacco. Parents are a child's greatest role models and the research has shown that you can reduce your child's likelihood of using tobacco just by talking with them.

How can you protect your children from second-hand smoke?

According to the 2013 Adolescent Health Survey, 21% of youth were exposed to tobacco smoke inside their home or vehicle. Non-smokers exposed to tobacco smoke are more likely to suffer from asthma, colds, pneumonia, ear infections (children) and other respiratory problems. You can protect the non-smokers in your house by:

- ◆ Talking with your children about the dangers of second-hand smoke.
- ◆ Making your home and car smoke-free and encouraging your family and friends to do the same.
- ◆ Asking smokers to smoke outside and setting up a comfortable outdoor smoking section away from open doors and windows.
- ◆ Asking smokers to wash hands and remove jackets when returning inside after smoking.
- ◆ Visiting only smoke-free places.

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ [Quit Now](#) or call 1-877-455-2233
- ◆ [Smoke-Free Spaces](#) (Island Health)
- ◆ [Tobacco Control Program](#)
- ◆ [McCreary Centre Society](#)