

Take a Minute to Talk

Talking with your teen:

- **Talk in the now.** Tobacco affects how a person looks and smells.
 - ◆ Tobacco makes hair and clothes stink, causes bad breath, stains teeth/fingers, and can cause tooth decay and loss.
- **State the facts.** Smoking rates are higher among high schoolers than adults. Everyone is NOT doing it.
- **Go beyond smoking.** Smokeless tobacco, such as chew and dip, are not safe substitutes to smoking cigarettes.
 - ◆ Spit tobacco puts more nicotine into a person's bloodstream than cigarettes.
 - ◆ Dip still contains many cancer-causing chemicals; like Lead, Arsenic and Cyanide.
- **Name the consequences.** Besides lung cancer, smoking is linked to other cancers: Mouth, Throat, Pancreas, Kidney, Bladder.
 - ◆ Tell how loved ones have died from tobacco-related deaths.

Your Child Already Uses Tobacco?

Is your child smoking or using smokeless tobacco? Help them quit by being there for them, but in the end, it will be up to him or her to decide to quit. Here are some tips to help:

- Avoid threats and ultimatums.
- Ask them why they use tobacco.
- Help determine what changes are needed to help stop.
- Provide Support.
- Quit together. It can be supportive to tag team the challenge.
- Create a list of reasons to quit.
- Give a reward. Plan something special for motivation.

Make Family Connections:

Connecting with your family is a great way to prevent your son or daughter from using tobacco.

- Schedule time to talk to your teenager—Even if it is only a minute!
- Catch your teen doing something right—Compliment and encourage.
- Prove that you listen by asking questions—Pay attention when teens talk.
- Keep a calendar of family events—Let your teen know where you are.
- Set rules to enforce—Don't create rules you do not plan to address directly.
- Share more family meals—Talk with each other without a TV or distractions.

Provide teens with tools for the future!

National Alliance for Tobacco Cessation: www.becomeanex.org

Ohio/National Quitline: Toll free hotline: 1-800-QUITNOW (1-800-784-8669)

American Lung Association: www.lungusa.org

Lung HelpLine: 1-800-LUNGUSA(1-800-586-4872)

Freedom From Smoking: www.ffsonline.org

Quitter in You: www.QuitterInYou.org

National Cancer Institute: www.cancer.gov or www.smokefree.gov

Toll-free Hotline: 1-877-44U-QUIT (1-877-448-7848)

American Cancer Society: www.cancer.org

Hotline: 1-800-4-CANCER (1-800-422-6237)

Centers for Disease Control and Prevention (CDC): www.cdc.gov/tobacco

American Heart Association: www.heart.org



Resources:

American Cancer Society—“The Decision is Yours.”

From Website: <http://www.lungusa.org/stop-smoking/about-smoking/preventing-smoking/for-parents.html>

CDC tobacco http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm#children

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