

How Parents Can Keep Their Kids From Using Tobacco

Parents, you can help your kids choose not to use tobacco. Here are some steps you can take.

KNOW THE FACTS ABOUT TOBACCO USE

Kids who use it may be likely to:

- May cough more often and have respiratory problems (which means doctor bills).
- Go on to use alcohol and other illegal drugs.
- Become addicted to tobacco. They may fail at quitting when they try.

HOW TO BE SURE YOUR KIDS WON'T START USING

- Talk to them from the age of 5 or 6 about the risks of tobacco use.
- Tell them that you expect them not to use tobacco.
- Know if your kids' friends use tobacco. Talk about ways to say "no."
- If you use tobacco, think about quitting - and ask your kid(s) to help.

HOW TO KEEP KIDS FROM USING TOBACCO WHERE YOU LIVE

Join with other parents to:

- Ask police to be sure all stores and kids obey the NH Youth Access to Tobacco Law: It is illegal for anyone to sell tobacco to kids under 18 and it is illegal for the kids under 18 to buy, use or have tobacco.
- Be sure that your schools are smoke free. It is illegal to use any tobacco products in or on the grounds of any public educational facility.
- Visit tobacco free places with your family.
- Support stores and other businesses that won't sell tobacco to kids.

Kids may start to use tobacco as early as 11 years of age.

Many adult smokers were addicted by the age of 14!

For Help Quitting Tobacco:

1-800-QUIT-NOW www.TryToStopNH.org www.DrugFreeNH.org

For more information about preventing tobacco use, contact

NH Department of Health and Human Services,

Tobacco Prevention & Control Program

800-852-3345, ext. 6891

For more Fact Sheets please go to www.ParentHelpNH.org

