



Where Health Knows No Borders



Butt Out!

Keeping Young People Away from Tobacco

Volume 3

GET REAL ABOUT TOBACCO



The Parent Newsletter

Butt Out! understands that it can be difficult to talk to your children about the dangers of tobacco products. This newsletter provides you with some tips and conversation starters to help you talk to them. Together you and your children can make the safe and healthy decision to stay away from all tobacco products.



Look for opportunities to talk to your child

- ◆ Let them ask questions

- ◆ Don't do all the talking
- ◆ Don't lecture

Talk about the real facts

- ◆ Young people are more likely to listen if you give them the facts (ex: Tobacco contains pesticides)

Focus on short-term effects

- ◆ Most kids don't worry about the long term effects, they care about how it will affect them presently (and socially)
- ◆ Let them know how smelly breath and yellow teeth will make them unattractive
- ◆ Smoking can cause shortness of breath and make it hard to play sports
- ◆ Explain how much money they are wasting by buying tobacco products

Talk about peer pressure

- ◆ Understand the effect of peer pressure on your children
- ◆ Suggest positive ways to reject

negative peer pressure

- ◆ For example: "No, thanks I would rather go do something else"
- ◆ Explain that they don't have to lose their friends, but they shouldn't feel pressured into smoking by them either

Be a good role model

- ◆ If you smoke, don't smoke around your child
- ◆ Do not feel like a hypocrite, explain to them how hard it is to quit smoking once you start
- ◆ Let them know that many adults started smoking and became addicted before they knew the dangers

Set the rules and explain your values clearly

- ◆ Be direct and honest, "We don't approve of smoking"
- ◆ Let them know you care about them

Trust them to make good decisions

- ◆ Tell them "I know you will make good choices"

- ◆ Children are less likely to get into trouble if they have parents who are involved in their lives, so be there for them
- ◆ Encourage healthy interests like school, sports, music, and other activities
- ◆ Praise them for their efforts



Do you want to STOP smoking?

Quit Line: (915) 534-7848

If you have questions or concerns contact:

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