



Families who want smoke free children

Did you know that kids who live in houses with people who smoke are more likely to be at risk of asthma, ear infections and Sudden Infant Death Syndrome (SIDS)?

About 81% of WA adults don't smoke¹. Less than 1% of WA 12 year old students smoke regularly, however, young people often overestimate this figure and think that smoking is a normal adult behaviour. This figure goes up to 7% for 15 year old students.²



In the time it takes you to do this activity (about half an hour) one more Australian will have died from smoking.

Here are some questions that might be useful starting points when you want your child to share their opinion about smoking.

- How do you feel when you see kids your age smoking?
- How do you feel when you see adults smoking?
- Why do you think kids might experiment with smoking?

You might like to rate yourself on the following attitudes and habits that can help your child remain a non-smoker.

1. Do you encourage your child to think positively?
2. Do you help your child recognise their feelings, others' feelings and calm their feelings if they are negative ones?
3. Do you encourage your child to make their own decisions?
4. Do you encourage your child to manage their own conflicts with friends and solve other small problems themselves?
5. Do you encourage your child to set their own goals and work towards them?
6. Do you talk to your child about the harmful effects of smoking?
7. Do you have a smoke-free house or rules about smoking in your house?
8. Do you make sure you tell your child you don't want them to smoke, even if you smoke yourself?
9. If you smoke, have you explained to your child what you think about smoking or how hard it is to quit?
10. Do you limit your child's access to tobacco products?

For advice or support about smoking or quitting, call the WA Quitline on 131848 or visit www.quitwa.com.



¹ National Drug Strategy Household Survey, 2010

² Source: ASSAD: Tobacco Survey 2011 (WA results), Drug and Alcohol Office, WA.

Thank you for playing a vital role in your child's health and drug education.