



## Helping your child be a non-smoker

In our health program students are: learning about the effects of tobacco; ways to avoid passive smoking; and that friends, family, the media and laws can influence young peoples' attitudes to smoking both positively and negatively.

The good news is that the longer your children delay trying smoking, the more likely it is that they will remain smoke free and healthy. It's also reassuring to know that most children who try cigarettes don't go on to be regular smokers.

### Taking the first step

Many parents think that their children will ask questions about drugs when they need to know something. For several reasons, many children don't take this first step so it's up to you to take the first step just the same as you would for any health-related topic.

Remember, if you think your child may have experimented with smoking, make it clear that you don't approve of smoking and that you will support them to not try it again or stop smoking.



**For information about tobacco**  
<http://www.druginfo.adf.org.au/>  
(Australian Drug Foundation)



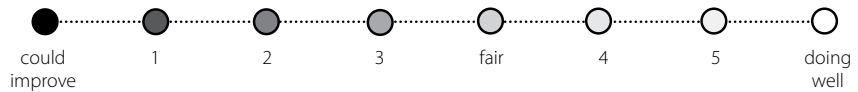
**For advice or support about smoking or quitting**  
<http://www.quitnow.gov.au/>  
or call the Quitline on 137 848

**You are a powerful influence on your children's decision to not smoke. Here are some tips that may help you have a positive influence:**

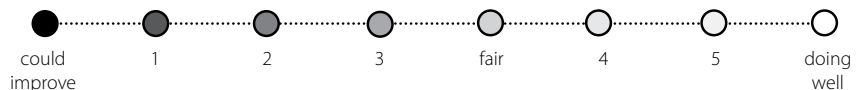
- Encourage your children to make his/her own decisions.
- Be a healthy example, don't smoke. If you do smoke, quitting will have a huge influence on your children's attitude to smoking.
- Make your home smoke free, or at least, just allow smoking outside.
- Don't ask your children to buy cigarettes for you as this is illegal.
- Ask your children why they think some young people choose to smoke (eg being part of a group, a sign of independence, looks cool) and talk with them about ways to achieve these things without smoking.
- When you see people smoking, talk to your children about how easily people become dependent on nicotine and about the positive aspects of being a non-smoker such as saving money, no smelly hair or clothes, and a greater fitness level.

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

*Do you talk to your children about the harmful effects of smoking?*



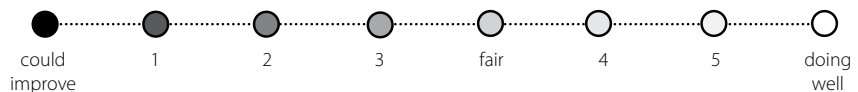
*Do you have a smoke free house or rules about smoking in your home?*



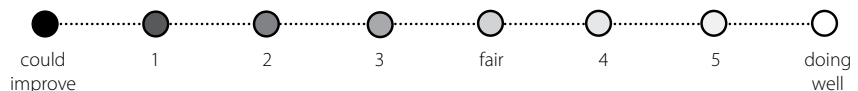
*Do you make your children aware that most people don't smoke?*



*Do you make sure you tell your children you don't want them to smoke, even if you smoke yourself?*



*If you smoke, have you explained to your children what you think about smoking or how hard it is to quit?*



*Do you limit your children's access to tobacco products?*

