

**88,000** kids in Oklahoma  
will die prematurely from smoking.



EVERY 3½ HOURS IN OKLAHOMA,



**A CHILD OR YOUTH UNDER 18**  
BECOMES ADDICTED TO TOBACCO.

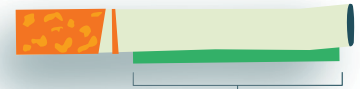
**17.3%** of OK  
male high school students use

**SMOKELESS TOBACCO**

**TIME**

**2**

**TALK**



**67,000 OKLAHOMA KIDS**  
are current tobacco users

IN OKLAHOMA,

**2,400**

YOUTH UNDER 18 BECOME

*new*

**SMOKERS**

EVERY YEAR

**TEENS & TOBACCO**  
*in* **OKLAHOMA**

Use of e-cigarettes among  
Oklahoma high school students



**HAS RISEN 200%**  
in just 2 years.

**Make time to talk to your kids about the dangers of tobacco.**

See reverse side for tips.

Campaign for Tobacco Free Kids. (2016, June 20) The Toll of Tobacco in Oklahoma. [Tobaccofreekids.org](http://Tobaccofreekids.org). Retrieved July 25, 2016.

[https://www.tobaccofreekids.org/facts\\_issues/toll\\_us/oklahoma](https://www.tobaccofreekids.org/facts_issues/toll_us/oklahoma)

Oklahoma State Department of Health. 2015. The 2015 Oklahoma Youth Tobacco Survey Trends Report.

<https://ok.gov/health2/documents/OYTS%202015%20Trends%20Report.pdf>



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**eat better. move more. be tobacco free.**

# EIGHT TIPS FOR TALKING WITH CHILDREN OR YOUTH ABOUT TOBACCO

Parenting is one of the most gratifying jobs out there. It's also one of the toughest, especially when it comes to having discussions about important issues like tobacco use.

The younger children are when they begin using tobacco, the more susceptible they are to nicotine's addictive powers — increasing their chances of becoming heavily addicted.<sup>1</sup> Roughly one-third of youth smokers will die prematurely from smoking-related diseases.<sup>2</sup>

As a parent, you play an important and influential role in the effort to prevent youth from using tobacco. Studies show parental actions, attitudes and opinions strongly influence children's smoking behaviors.<sup>3</sup>

Make time to talk to your kids about the threat of using tobacco today. With your guidance, maybe they won't start. The following tips can help you get the conversation started.

## SHARE THE FACTS.

Knowledge is power — give youth the facts about tobacco so that they can make good choices.

## TALK EARLY AND OFTEN.

Tobacco use can start as early as middle school — today, more than 600,000 middle school students smoke cigarettes<sup>4</sup> — so it's never too early to begin the conversation about tobacco's dangers. Help your children understand that you expect them to stay safe by avoiding tobacco use.

## USE EVERYDAY OPPORTUNITIES TO TALK AND LISTEN.

There are plenty of other opportunities every day to bring up the topic of tobacco use and its risks. The next time you see someone smoking in public, take a moment to discuss how it harms the body. Tell your child, "Tobacco is highly addictive and toxic to your body. It can harm your lungs, heart and other body parts."

## BE HONEST, DIRECT, AND OPEN.

Create an environment where both you and your children can talk openly about tobacco use. If friends or relatives have died from tobacco-related illnesses, explain to your kids how tobacco caused their death. Make sure they fully understand the risks of tobacco use.

## MAKE IT A TWO-WAY CONVERSATION.

Talk with, not at, your child. Listen carefully and actively to what your child says and encourage them to ask questions and share their feelings and concerns.

## SET A GOOD EXAMPLE.

Children of parents who smoke are more likely to smoke in the future<sup>5</sup> and their chances of becoming heavy smokers at a young age increase. Avoid using tobacco around your children or leaving tobacco in a place where they can access it. If you're thinking about quitting tobacco, talk to your doctor or learn more about the FREE services available through the Oklahoma Tobacco Helpline at [OKhelpline.com](http://OKhelpline.com) or by calling 1-800-QUIT NOW.

## SET CLEAR RULES.

Children should be given clear and consistent rules on not using tobacco as they grow up. Learn more about setting rules from the Substance Abuse and Mental Health Services Administration.

## HELP YOUR CHILD LEARN TO SAY "NO."

Adolescents and young adults are uniquely vulnerable to tobacco industry pressure. As a parent, you can help your children learn to overcome these influences. Help them create a plan for how to say "no."

## REFERENCES:

**1** - U.S. Department of Health and Human Services. The Health Consequences of Smoking. Page 7. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2004. **2** - U.S. Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General [PDF], Page 110. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2012. **3** - U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: Fact Sheet Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health, 2012. **4** - U.S. Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General [PDF], Page 97. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2012. **5** - U.S. Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General [PDF], Page 460. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2012. All content provided by the U.S. Food and Drug Administration, [fda.gov](http://fda.gov).