

## TOBACCO! TALK ABOUT IT

Tobacco is the leading cause of preventable death in Canada. According to the 2008 Adolescent Health Survey, 26% of students have tried smoking, some starting as young as 9 years old. Someone who uses tobacco can become addicted to smoking after only 2 cigarettes or 1 wad of chewing tobacco. As a parent, you can help your child stay tobacco-free by talking openly about the dangers of tobacco and addiction, even if you use tobacco. Parents are a child's greatest role models and the research has shown that you can reduce your child's likelihood of using tobacco just by talking with them.

### How can you protect your children from second-hand smoke?

According to the 2008 Adolescent Health Survey, 28% of youth were exposed to tobacco smoke inside their home or vehicle. Non-smokers exposed to tobacco smoke are more likely to suffer from asthma, colds, pneumonia, ear infections (children) and other respiratory problems. You can protect the non-smokers in your house by:

- ◆ Talking with your children about the dangers of second-hand smoke.
- ◆ Making your home and car smoke-free and encouraging your family and friends to do the same.
- ◆ Asking smokers to smoke outside and setting up a comfortable outdoor smoking section away from open doors and windows.
- ◆ Asking smokers to wash hands and remove jackets when returning inside after smoking.
- ◆ Visiting only smoke-free places.

For more information contact:

- ◆ HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- ◆ Quit Now 1-877-455-2233 or [www.quitnow.ca](http://www.quitnow.ca)
- ◆ Smoke Free Kids [www.viha.ca/mho/tobacco/smoke\\_free\\_places\\_for\\_kids/](http://www.viha.ca/mho/tobacco/smoke_free_places_for_kids/)
- ◆ Tobacco Control Program [www.health.gov.bc.ca/tobacco/](http://www.health.gov.bc.ca/tobacco/)
- ◆ McCreary Centre Society [www.mcs.bc.ca](http://www.mcs.bc.ca)

### Health Units:

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|--------------------|--------------|--------------------|--------------|
| Esquimalt          | 250-519-5311 | Salt Spring Island | 250-538-4880 |
| Outer Gulf Islands | 250-539-3099 | Sooke              | 250-642-5464 |
| Peninsula          | 250-544-2400 | Victoria           | 250-388-2200 |
| Saanich            | 250-519-5100 | West Shore         | 250-519-3490 |