

Parent Information

In class today, your child participated in Tar Wars, a tobacco-free education program from the American Academy of Family Physicians that is designed for fourth- and fifth-grade students. The program consists of a one-hour presentation that is given by volunteer health care professionals and educators.

BE A TOBACCO-FREE ROLE MODEL

- Don't start smoking or use tobacco and nicotine products.
- Take an active interest in your child's social life. Know your child's friends.
- Teach your children to be aware of how tobacco products are promoted in the media.
- Think beyond cigarettes. Smokeless tobacco, hookahs, e-cigarettes, and other flavored tobacco products are addictive, too.

TAKE THE TOBACCO-FREE PLEDGE

Children take promises very seriously. Ask your child to commit to being tobacco-free by entering into a contract with them. Consider using an incentive (e.g., money or special trip) to reward them for staying tobacco-free.

RESOURCES FOR QUITTING TOBACCO USE

Call The North American Quitline Consortium at 1-800-QUIT-NOW (800-784-8669) to receive **FREE** information and help. For additional tobacco prevention and cessation resources, go to:

- www.askandact.org
- www.familydoctor.org
(click on "Diseases and Conditions" then "T" for Tobacco Addiction)
- www.smokefree.gov
- www.tobaccofreekids.org

PROTECT CHILDREN FROM SECONDHAND SMOKE

- Insist on smoke-free restaurants and other public places.
- Don't allow caregivers to smoke around your children or in your home.
- Don't allow smoking in the home or car.

DID YOU KNOW?

- About 90% of tobacco users started at or before the age of 18.
- One-fifth of children are smokers by the time they leave high school.
- Children are twice as likely as adults to recall tobacco advertising.
- More than 5 million children alive today will die prematurely from smoking-related illnesses.
- The smoking rate is three times higher for children who live with a parent who smokes.
- Many new tobacco and nicotine products are marketed to children.

FACTS ABOUT SECONDHAND SMOKE

- Almost 40% of children ages three through 11 years are exposed to secondhand smoke.
- It contains more than 4,000 chemicals; 50 are known to cause cancer.
- Children who breathe secondhand smoke suffer from increased incidence of:
 - Sudden infant death syndrome
 - Asthma
 - Bronchitis
 - Pneumonia
 - Wheezing
 - Ear infections