



How to Talk to Teens About Smoking?

Encouraging your children to make the right decisions about tobacco and helping them understand the consequences of using tobacco is very important.

Approximately 3000 kids in the U.S. become smokers every day. The most common reasons are...

- ✓ Peer pressure
- ✓ Wanting to look grown-up
- ✓ Lack of positive parental involvement.

Here are a few things that you can do as parents related to peer pressure:

- ✓ Provide positive support to teens teaching them how to say “no” in situations related to peer pressure.
- ✓ Teach them how they can build confidence and self-esteem by being a leader and walking away.

Here are a few things that you can do as parents related to your teen wanting to look grown up:

- ✓ Discuss the long-term risks of smoking based on facts not opinion.
- ✓ Explain that starting smoking is easy, but quitting is very difficult.
- ✓ Help your teen weigh the risks of smoking against what they consider the benefits.
- ✓ Explain that while they may think smoking makes them look older, it does not. In fact, they look like they are just trying to look grown-up.

Here are a few ways that you can become more active in your teen’s life:

- ✓ Explain to your teens how choosing the wrong friends can result in pressure to make wrong decisions.
- ✓ Explore ideas for getting involved in after school activities or sports.
- ✓ Most importantly, talk to your teen. Be honest about the impact of smoking. If you are a smoker yourself, discuss why you started and if you have been able to stop or not.
- ✓ Develop a plan together to stop smoking.

**Call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW
(1-800-784- 8669) It’s FREE!**