

Your child participated in Tar Wars, a tobacco-free education program from the American Academy of Family Physicians (AAFP) 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 smoke 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, electronic 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 national network of quitlines at 1-800-QUIT-NOW (800) 784-8669 to receive FREE information and help. For additional tobacco prevention and cessation resources, go to:

- askandact.org
- familydoctor.org
(click on "Diseases and Conditions" then "T" for Tobacco Addiction)
- smokefree.gov
- 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 ultimately die early from smoking if smoking rates are not reduced.
- 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

- Forty percent of children ages 3 to 11 years are exposed to secondhand smoke.
- Secondhand smoke 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

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