

Adolescents and Tobacco

What can parents do?

Take the time...

... to talk to your daughter or son and listen to them,
...to discuss with them the dangers of tobacco – even if you smoke yourself.

Endorse ...

... by praising positive behaviour,
... by support and encouragement.

If your child smokes, you should:

- not allow him/her to smoke at home or in your presence,
- encourage him/her to stop,
- seek help from officials, prevention centres and doctors

Relevant facts

Only a few youngsters smoke. On average, only 1 in 5 between the ages of 15 to 19 are smokers.

Tobacco causes addiction very quickly.

Tobacco damages the health regardless of how it is taken: cigarettes, chewing, snuff etc.

Parents are role models and that is also the case when it comes to smoking.

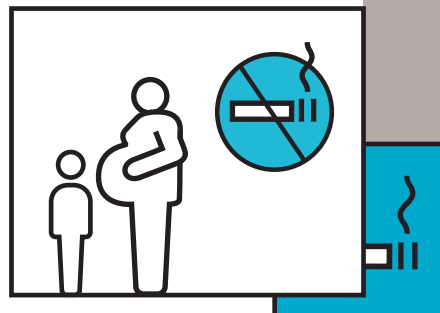
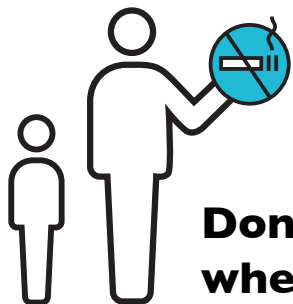


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Protection of Children from Tobacco Smoke

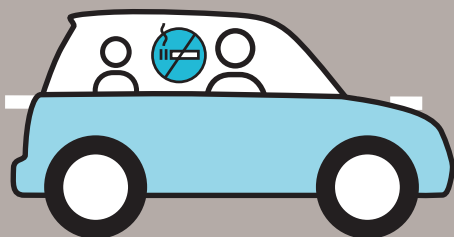
What can parents do?

**Don't smoke
during pregnancy**



**Don't smoke
when a child is nearby**

**Smoke outside with the
windows and doors closed;
and that includes guests**



Don't smoke in the car

Relevant facts

During pregnancy :

Tobacco smoke increases the chances of miscarriages and premature births.
Tobacco smoke can hinder the child's development

Tobacco smoke causes in small children :

- more tears when the child has colic (stomach ache) and an increased risk of sudden death
- irritation of the eyes, nose, throat and ears and can cause colds, inflammation of the middle ear, asthma and coughs

***Smoke endangers children's health
because their bodies and organs are still
growing, especially the lungs.***