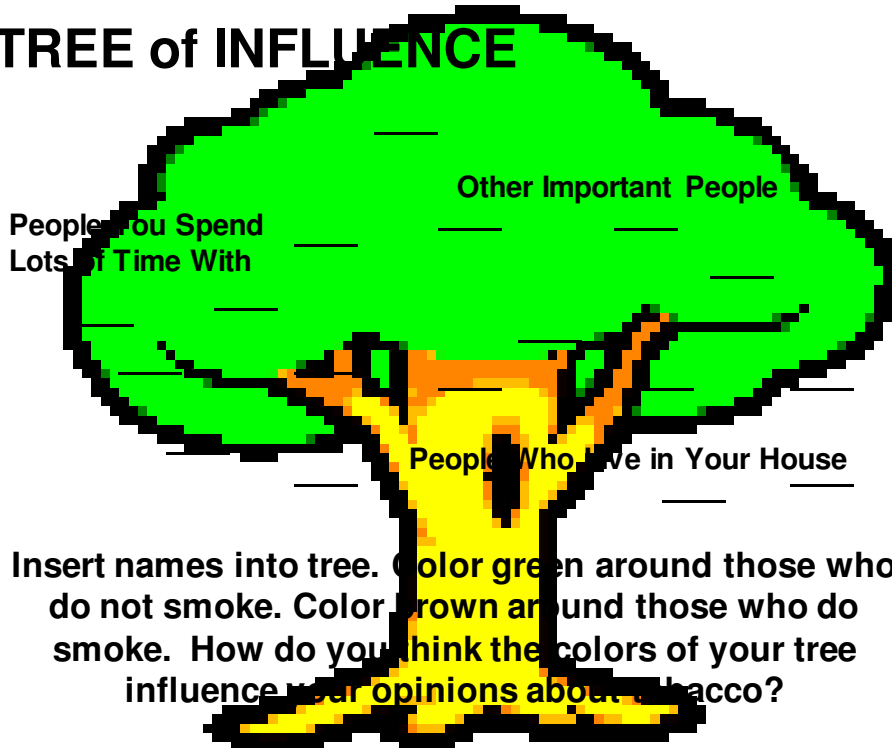




All About Tobacco

What Your Kids Learned Week Four:

TREE of INFLUENCE



RESOURCES FOR PARENTS:

Kidshealth.org
Trytostop.org
Smokefree.gov
1800-QUIT-NOW

Half of all adult smokers (millions of people) have quit, so can you!



Healthy lungs on left.
Smoker's lungs on right.
Not a big surprise!

Weekly Family Challenge

15-Minute Open Discussion

Parents and kids take 15 minutes to sit down and discuss smoking and why people do it, how people try to quit, and ways parents and kids can work together to make healthy, life-giving decisions.

Health in the News: Secondhand Smoke



MYTH: Smoking is a personal decision that only affects the individual's health

FACT: Secondhand smoke can cause your child to develop cancer, asthma, & respiratory infections

"Cancer-causing agents in tobacco smoke damage important genes that control the growth of cells, causing them to grow abnormally or to reproduce too rapidly."

400,000 Americans die yearly from smoking.

Smoking is the #1 cause of preventable premature death in the US.

"Secondhand smoke exposure causes children who already have asthma to experience more frequent and severe (attacks)."



"Because their bodies are developing, infants and young children are especially vulnerable to the poisons in secondhand smoke."

"Secondhand smoke exposure causes respiratory symptoms, including cough, phlegm, wheeze, & breathlessness, among school-aged children."

Reference: [Eder W, Ege MJ, von Mutius E.](#) "The Asthma Epidemic" [N Engl J Med.](#) 2006 Nov 23;355(21):2226-35.

The Health Consequences of Involuntary Exposure to Tobacco Smoke: Children are Hurt by Secondhand Smoke. A Report of the Surgeon General, U.S. Department of Health and Human Services, 2006

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