

Tips on discussing smoking with your children

Talk openly about smoking by asking questions to understand your child's opinions – for example:

- What do you think about smoking?
- Why do you think people start smoking?
- What do you think the benefits of smoking are?

Have some facts ready about smoking that cover all bases – for example:

- **Health:** I've heard that you are more likely to get cancer and heart disease if you smoke, is that right?
- **Appearance:** Have you noticed how people who smoke have stained fingers and teeth? Sometimes they smell bad as well, don't they?
- **Political (good for teenagers):** I've heard that tobacco companies refer to young people as 'replacement smokers' and use sneaky marketing techniques to dupe young people into smoking. Where do you think they put adverts?

Remember to stay calm, so they know they can talk to you!

If you currently smoke, it's important that you know your children are more likely to start smoking because you do. The NHS provide a support service that can help you stop, and you are four times more likely to be successful with our support. We are free and non-judgemental and have a range of services available.

In Cambridgeshire contact CAMQUIT on [0800 018 4304](tel:08000184304) or visit www.camquit.nhs.uk. In Bedfordshire contact Smokefree Bedfordshire on [0800 013 0553](tel:08000130553) or visit www.smokefreebedfordshire.co.uk

Kick Ash helps young people stay smokefree – visit them at www.kickash.org.uk or find them on Facebook at www.facebook.com/KickAshCams

