

QUIT

So your kids don't start



Research suggests that adolescents with parents who smoke are 55% more likely to try e-cigarettes and 51% more likely to have tried smoking.¹

→ **More smoking = more risk**

The more a parent smokes, the more their teenage son or daughter will be at risk. This association is particularly strong for daughters whose mothers smoke.²

→ **Earlier nicotine addiction**

When parents are smokers, children and teens are likely to pick up smoking earlier than their peers and become nicotine-addicted sooner.³

1. European Lung Foundation News Release, Sept. 2022 2. American Journal of Public Health, Nov. 2015 3. Journal of the American Academy of Pediatrics, June 2014

Get the tools to quit for good

Reducing parental smoking not only lowers teen smoking but also improves adolescent mental health.

Medications along with counseling and support are the best ways to reduce the cravings and increase your chances of quitting by 50%. The Kane County Health Department endorses the Illinois Tobacco Quitline's counseling and nicotine replacement therapy services, which are free to all Illinoisans. Visit quityes.org or call 1-866-QUITYES to start your quit journey - for you, and your kids!

