

## Talking To Kids About Smoking

If both parents smoke, a teenager is twice as likely to smoke as the child of a nonsmoker. Quitting sets an excellent example for a child.

Good News! Recent research shows that the children of smoker's are less likely to smoke if the parents talk to the child about smoking and let them know that they do not approve of them smoking.

Almost 90 percent of adult smokers began at or before age 18.

Start talking about tobacco use at age 5 or 6 and continue into the future. Children may start experimenting with tobacco as young as age 8 and some become addicted by age 14.

Know if your children's friends use tobacco. Talk about ways to refuse tobacco.

Discuss with your children the false glamorization of tobacco on billboards, movies, TV and magazines.

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