



TIME TO

# TALK

ABOUT THE DANGERS  
OF TOBACCO

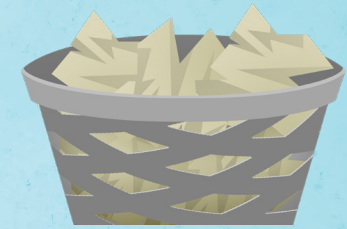


In Oklahoma,  
**1,300**  
youth under 18 become  
**NEW SMOKERS**  
each year.



More than  
**1 IN 4**  
teens report  
**VAPE USE**  
in the past 30 days.

In Oklahoma,  
**1 IN 5**  
students use some form of  
**TOBACCO.**



**4 OUT OF 5**  
youth smokers become  
**ADULT SMOKERS.**

**88,000**

kids under 18 alive in  
Oklahoma today will  
**DIE PREMATURELY  
FROM SMOKING.**



**15.2%**  
of OK male high  
school students use  
**SMOKELESS TOBACCO.**

Check out tips for talking with your kids on the back.



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A Program of





# TIPS FOR TALKING TO YOUTH ABOUT TOBACCO

The younger children are when they begin using tobacco, the more chances they have of becoming heavily addicted.

As a parent, you play an important role in preventing youth from using tobacco. Studies suggest parental actions, attitudes and opinions strongly influence children's smoking behaviors. With your guidance, maybe your child won't start. Here are a few tips to help start the conversation.

## ✔ SHARE THE FACTS.

Knowledge is power — give youth the facts about tobacco so that they can make good choices.

## ✔ TALK EARLY AND OFTEN.

From dip to vapes, 31% of high school students use some form of tobacco — so it's never too early to begin talking about tobacco's dangers.

## ✔ TAKE ADVANTAGE OF EVERYDAY OPPORTUNITIES.

There are plenty of chances each day to discuss the risks of tobacco use. The next time you see someone smoking or vaping in public, take a moment to discuss its harms. Tell your child, "Tobacco is highly addictive and toxic to your body. It can harm your lungs, heart and other body parts."

## ✔ BE DIRECT.

Tell them honestly and directly that you don't want them using tobacco. Be clear and consistent about the risks. If friends or relatives have died from tobacco-related illness, tell them about it.

## ✔ MAKE IT A TWO-WAY CONVERSATION.

Talk with, not at, your child. Listen carefully to what your child says. Encourage them to ask questions and share their feelings and concerns.

## ✔ TEACH YOUR CHILD HOW TO SAY "NO."

Youth are uniquely vulnerable to tobacco industry marketing and peer pressure. Help your child practice saying no.

## ✔ SET A GOOD EXAMPLE.

Children of parents who smoke are more likely to smoke in the future. Avoid using tobacco around your children or leaving tobacco in a place where they can access it. If you're thinking about quitting tobacco, talk to your doctor or learn more about the FREE services available through the Oklahoma Tobacco Helpline at [OKhelpline.com](http://OKhelpline.com) or by calling 1-800-QUIT NOW.

MY LIFE  
MY QUIT

Brought to you by TSET

If you know a child who is already struggling, visit [MyLifeMyQuit.com](http://MyLifeMyQuit.com) today. My Life, My Quit is a free text-based service to help youth quit tobacco, including vapes. Youth 13-17 can join the program by texting "Start My Quit" to 36072.



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