

Pennsylvania's 100% Tobacco Free Schools Toolkit *for Student Assistance Programs*



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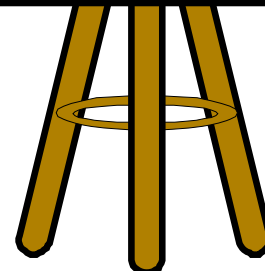
Includes fact sheets; presentations for students, parents and staff; and templates that are available on CD or at www.tobaccofreeallegheny.org

TobaccoFreeAllegheny

This presentation is part of the Tobacco Free Schools Toolkit. The printed booklet that accompanies the presentation is available from Tobacco Free Allegheny.

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Your Adolescent Is Using Tobacco: What to Say, How to Help



What's the Evidence?

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- You find a lighter, cigarettes, loose tobacco in clothing or laundry
- Clothing smells like cigarette smoke
- Hanging out with a different set of friends
- Asks for more money
- Tells you that they are smoking and can't stop
- May get calls from school about increases in class cuts, tardiness, tobacco policy violations

Realize that the school can help through their Student Assistance Program.

Some “Tips” on Responding Responsibly to Teen Smoking

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Share your concerns for...

- **Keep your anger in check.** *(Don't let your anger perpetuate smoking to demonstrate independence.)*
- **Talk when your child is ready to listen.** *(Brain studies have shown that during “hot” or emotion-laden times, very little gets comprehended.)*

Educate yourself...

- **Find out when and why your teen began smoking.** *(This helps them know you are interested in how they experience their world.)*
- **Learn about her/his smoking habits.** *(Asking when and how much can help you determine if they are social, casual or regular smokers. It also helps to know if smoking is related to stress or problems at home or school.)*

Responding Responsibly to Teen Smoking (cont.)

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- **Focus on the short-term effects of smoking.** (Smoking makes teeth and fingers yellow, gives bad breath; costs money they might want to spend on other stuff; and may slow performance in sports.)
- **Determine the consequences of cigarette use.** (If you've set a guideline, enforce it. If you haven't set rules about tobacco use in the home, now is a good time to do so. Outline what your child should expect if they use tobacco in the future, for example, lost privileges or cut allowance.)

Teens who use more than a year have an 80% chance of developing a dependency on tobacco.

Offer help: MD, school counselor, SAP team

Discuss Alternatives

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PA Quitline
1.877.784.8669

- **Brainstorm alternative stress management tools.**
(Helpful tools include talking things over with a friend, finding friends who don't think smoking is cool, practicing refusal skills. Perhaps they need some type of physical outlet or hobby.)
- **Clearly communicate your concern.** *(Share your concern for their safety, their health. Tell them that their smoking scares you. Share the facts about tobacco and its effects with them)*

www.parentlink.org

A site with tips for parents on talking to their teens and preteens about different subjects

Teens Smoking Teaches Parents

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Studies show that parents' opinions and behavior...

- **Keep the lines of communication open.**
(By talking through the experience, you make yourself more available to your child. May deepen your rapport.)
- **Assess your supervision level** *(It may not help to increase monitoring, but give opportunities to make good decisions. Levy consequences when they don't.)*

...significantly influence their children's substance use

- **Educate yourself**
(Now is the time to become more knowledgeable about substance use and teens. Learn about the risk and protective factors to increase your chances of promoting healthy, happy adolescents.)

The Facts About Cigarettes

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- The moment you puff on a cigarette, your pulse and blood pressure increase, while skin temperature and blood circulation decrease.
- Soon after starting to smoke, you can experience a decrease in lung function and suffer shortness of breath.
- Respiratory and cardiovascular damage is common.
- Cough can develop; sense of smell and taste can be lost.
- Smoking causes the stomach to produce more acid and less urine.
- Cigarette smoke contains over 4,000 chemicals, including carbon monoxide, cyanide, formaldehyde and ammonia. About 50 of these chemicals are known to cause cancer.

For more information, contact:

TobaccoFreeAllegheny

www.tobaccofreeallegheny.org

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This presentation was prepared by the staff at UPMC Addiction Medicine Services.