

Tobacco Prevention Tips

Youth Initiation

www.tobacco-prevention.net
For Youth

Outsmart tobacco company advertisers--know the facts behind their slick invitations to smoke or dip.

Stay healthy and protect the health of your family by choosing to live smoke-free.

Be strong--Refuse cigarettes or spit tobacco even when offered by friends or relatives.

Spend your money on something that won't enslave you, make you stink, give you diseases, hurt your relatives, or make you a fool of the tobacco industry.

If you smoke or dip--Quit! Involve your family in the process by talking to them about why you're quitting and by asking for their help. Set a date and tell everyone you're quitting. Exercise to relieve stress. Stay away from situations in which you'll be tempted. If you mess up, be courageous. . . Try again!

Check out these cool websites: www.getswat.com, www.teenquit.com, www.nolimitsnebraska.com, www.thetruth.com, www.njrebel.com, www.voice.tv, www.tobaccofreekids.org/youthaction, www.streeththeory.org, www.zlr.com/jelweb/healtheffect.

For Adult Relatives

Be a good role model. Stay smoke-free and avoid giving commercial tobacco products to young people.

If you smoke or dip--Quit! Talk to young family members about why you're quitting. Ask for their support. If you relapse, don't give up. Show strength and courage--Try again.

Tell youth that you don't approve of smoking or dipping and why.

Keep your house smoke-free. If guests or household members must smoke, ask them to take it outside.

Get informed about the harmful effects of smoking, dipping, and secondhand smoke so you can educate the young people in your family.

If your tribe has a history of using traditional tobacco, teach the young people how it has been used in a good way and encourage them to respect tobacco by avoiding its non-sacred use.

Support young people who want to quit. Go cold turkey as a family or participate in a cessation program together.

For Advocates

Work with tribes and communities to pass policies to restrict youth access by banning single-stick purchases, limiting point-of-sale advertising, removing self-service tobacco displays, and banning cigarette vending machines. Advocate for the enforcement of tobacco sales and possession laws and for retailer education and compliance checks. Educate youth about commercial and traditional tobacco. Facilitate youth-led counter marketing and media campaigns. Provide culturally appropriate cessation programs and materials to youth and their families.

Provided by the National Tribal Tobacco Prevention Network, a project of the Northwest Portland Area Indian Health Board.



For more information, call 503.228.4185 or visit the website: www.tobacco-prevention.net. Funded by CDC, grant #U1A DP000556-01.