

Your child participated in Tar Wars, a tobacco-free education program from the American Academy of Family Physicians (AAFP) that is designed for fourth- and fifth-grade students. The program consists of a one-hour presentation that is given by volunteer health care professionals and educators.

### BE A TOBACCO-FREE ROLE MODEL

- Don't smoke or use tobacco and nicotine products.
- Take an active interest in your child's social life. Know your child's friends.
- Teach your children to be aware of how tobacco products are promoted in the media.
- Think beyond cigarettes. Smokeless tobacco, hookahs, electronic cigarettes, and other flavored tobacco products are addictive, too.

### TAKE THE TOBACCO-FREE PLEDGE

Children take promises very seriously. Ask your child to commit to being tobacco free by entering into a contract with them. Consider using an incentive (e.g., money or special trip) to reward them for staying tobacco free.

### RESOURCES FOR QUITTING TOBACCO USE

Call the national network of quitlines at 1-800-QUIT-NOW (800) 784-8669 to receive FREE information and help. For additional tobacco prevention and cessation resources, go to:

- [askandact.org](http://askandact.org)
- [familydoctor.org](http://familydoctor.org)  
(click on "Diseases and Conditions" then "T" for Tobacco Addiction)
- [smokefree.gov](http://smokefree.gov)
- [tobaccofreekids.org](http://tobaccofreekids.org)

### PROTECT CHILDREN FROM SECONDHAND SMOKE

- Insist on smoke-free restaurants and other public places.
- Don't allow caregivers to smoke around your children or in your home.
- Don't allow smoking in the home or car.

#### DID YOU KNOW?

- About 90% of tobacco users started at or before the age of 18.
- One-fifth of children are smokers by the time they leave high school.
- Children are twice as likely as adults to recall tobacco advertising.
- More than 5 million children alive today will ultimately die early from smoking if smoking rates are not reduced.
- The smoking rate is three times higher for children who live with a parent who smokes.
- Many new tobacco and nicotine products are marketed to children.

#### FACTS ABOUT SECONDHAND SMOKE

- Forty percent of children ages 3 to 11 years are exposed to secondhand smoke.
- Secondhand smoke contains more than 4,000 chemicals; 50 are known to cause cancer.
- Children who breathe secondhand smoke suffer from increased incidence of:
  - Sudden infant death syndrome
  - Asthma
  - Bronchitis
  - Pneumonia
  - Wheezing
  - Ear infections

HOP16071298