



Talk Early And Often About Alcohol, Tobacco
And Other Drugs. Even When It Gets Tough

Parent Tip

Know! To Talk About Tobacco

According to the Centers for Disease Control and Prevention, 5.2 % of middle school students and 17.2% of high school students are smoking tobacco; a substance that is considered to be the number one preventable cause of death and disease in the United States.

The Good News: Since the early 1990's, the number of young Americans who smoke tobacco has continued to decrease.

The Bad News: Since 2006 however, that decline has been at a near standstill, with the rate of young tobacco smokers outnumbering adult tobacco smokers.

What's A Parent To Do? Research shows that 80% of adult tobacco smokers began the habit before age 18. Therefore, if you can prevent your child from using tobacco as a youth, you will have significantly decreased their odds of using as an adult.

PREVENTION is KEY - Talk to your child about the dangers of smoking tobacco.

Provide the FACTS:

- Smoking is powerfully addictive (Nicotine, the addictive substance in cigarettes, is as addictive as heroin or cocaine).
- Smoking can be deadly (more than 440,000 people die each year in the U.S. from tobacco-related causes).
- Smoking puts friends and family at risk (about 3,000 non-smokers die of lung cancer from second-hand smoke each year in the U.S.).
- In addition to tar and nicotine, tobacco cigarettes contain at least 200 other known natural poisons including Carbon Monoxide (car exhaust), Acetone (nail polish remover), Arsenic (rat killer), Benzene (used in insecticides), Formaldehyde (embalming fluid), Methanol (wood alcohol), Acetylene (fuel used in welding torches) & Ammonia (toilet cleaner).
- Short-term side effects include: poor lung function (causing fatigue, dizziness and shortness of breath during physical activity), less ability to smell and taste, premature aging, dry skin and wrinkles, bad breath and stained teeth.
- Long-term side effects include: lung disease (such as chronic bronchitis and emphysema), heart disease (including stroke, heart attack, vascular disease and aneurysm), and cancer (of the lungs, mouth, throat, bladder, pancreas and kidneys).

Sources: AboveTheInfluence.com, Cancer.org (American Cancer Society), TobaccoFacts.com, SAMHSA Tips for Teens: The Truth about Tobacco, NIDA -Info Facts: Cigarettes and Other Tobacco Products.

Talking regularly with kids reduces their risk of using alcohol, tobacco and other drugs. Know! urges you to encourage other parents to join Know! by taking the [Parent and Caregiver Pledge](#). For more information log on to www.HelpThemKnow.com or call 1-866-999-KNOW.

Know! is a program of:



Drug-Free Action Alliance
*"Ohioans Partnering for
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