



Public Health Services

# Tobacco Affects the Lives of Kids

## Information for Parents

Your child will be participating in the Tobacco Affects the Lives of Kids (TALK) program. It is designed to provide information and build skills that help young people resist using tobacco. It also encourages them to feel positive about their decision to be tobacco free.

The booklet, *Talk It Out – A Parent's Guide to Kids and Smoking* offers you a starting place for discussing the issues with your child. Research has shown that children who know their parents don't want them to use tobacco are less likely to do so.

### What will your child be learning about?

- benefits of being tobacco free
- pressures to use tobacco
- addiction
- tobacco advertising
- refusal skills
- decision making.

### Why do we need the TALK Program?

- Saskatchewan's rates of tobacco use are higher than the Canadian average.
- Your child is now at the age when most young people begin thinking about whether or not to use tobacco.
- The younger people are when they start to use tobacco, the more likely they are to become addicted.
- It is time to take action and support our young people to be tobacco free.

### What can you do to support your child?

- Set an example for your children by not using tobacco.
- Protect your family from exposure to secondhand smoke.
- Show interest in what they are learning.
- Support them in doing assignments.

### For information on quitting contact:

- Community Addiction Services  
(306) 655-4100
- Smoker's Helpline 1-877-513-5333
- Community pharmacists
- Family doctor
- Canadian Cancer Society  
1-888-939-3333
- Saskatoon Health Region Tobacco Helpline (306) 655-4685
- Saskatoon Health Region Public Health Services Resource Centre  
(306) 655-4600
- Health Canada [www.gosmokefree.ca](http://www.gosmokefree.ca)

*Together We Can Make A Difference.*