

Whilst there is no sure way to prevent young people from **experimenting** with smoking, parents and other adults play an **important role** in their decision making

In Tasmania, around 500 people die each year from tobacco smoking. Most adult smokers begin smoking in their teenage years and most wish they never started. Young people often don't realise how quickly a person can become addicted to nicotine.

What can adults do?

Talking with young people about tobacco use may help them gain confidence to make healthy and independent choices.

You can **influence** a young person's decision about whether to take up smoking. Even if you were a smoker or currently smoking, a young person is likely to listen if you discuss what it is like to be addicted to nicotine.

It is important for adults to **set standards** for young people about smoking. Adults who smoke may feel uncomfortable about this, however it is important to point out the risks that smoking

Do not provide tobacco to young people. This is against the law and penalties in Tasmania are now the highest in Australia with a maximum penalty of over \$19,000 for a first offence.

Practical tips

What to say

- Be clear that you do not approve of them smoking and that you expect them to be tobacco free.
- Be ready to listen and have a conversation – not deliver a lecture.
- Answer their questions.

Give them the facts

- Most people don't smoke.
- Brain development continues to about age 25. Exposure to nicotine during young adult hood causes addiction and can harm the developing brain.
- Quitting can be hard. If you previously smoked and found it hard to quit, let them know you don't want them to go through that as well.

Help to quit smoking

There is help for young people and adults wanting to quit smoking tobacco.

Visit www.smokefree.den.org.au

