



# Helping your child be a non-smoker

**About 81% of Western Australian adults DO NOT smoke cigarettes.**

Less than 1% of WA 12 year old students smoke regularly, however, young people often overestimate this figure and think that smoking is a normal adult behaviour. This figure goes up to 7% for 15 year old students in Western Australia.<sup>1</sup>



## Here are some tips that may help you be a positive influence

1. Talk to your child about the harmful effects of smoking.
2. Limit your child's access to tobacco products.
3. Have a smoke-free house or rules about smoking in your house.
4. Make sure you tell your child you don't want them to smoke, even if you smoke yourself.
5. If you smoke, don't ask your child to buy cigarettes for you. It's also illegal!

For advice or support about smoking or quitting, call the WA Quitline on 131848 or visit [www.quitwa.com](http://www.quitwa.com).

The good news is that the longer your child delays trying smoking, the more likely it is they will remain smoke-free and healthy.

## You are a powerful influence on your child's decision to smoke

Young people's attitudes to smoking can be influenced both positively and negatively by friends, family, the media, and laws about smoking.



<sup>1</sup> Source: ASSAD: Tobacco Survey 2011 (WA results), Drug and Alcohol Office, WA.

Thank you for playing a vital role in your child's health and drug education.