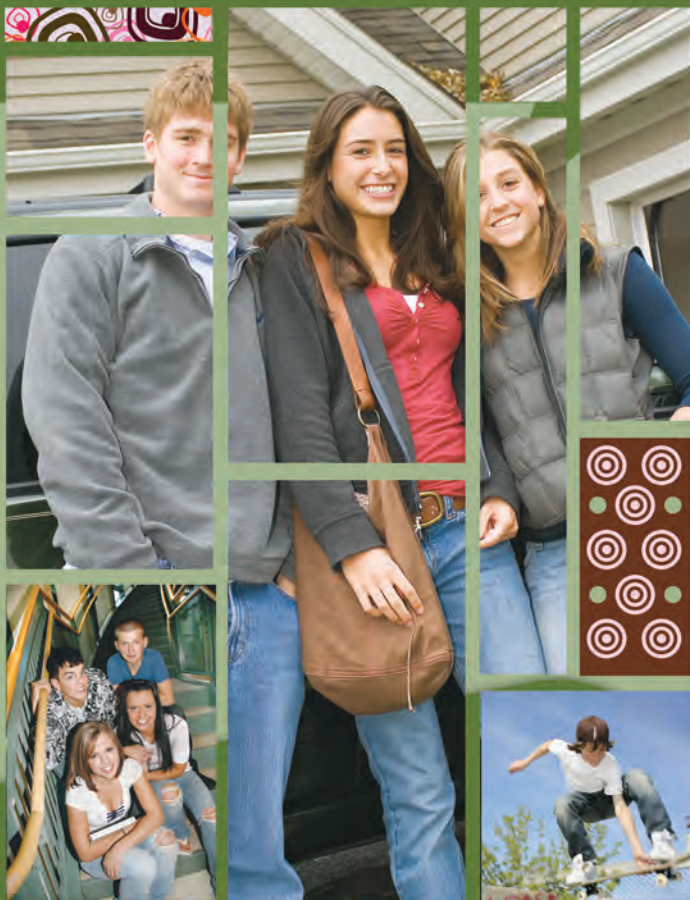




**Each day 4,000 teens
smoke their first cigarette.**

Another 2,000 become regular, daily smokers. Of those, about half will eventually die from a smoking-related illness. Most people who do not begin smoking in their teens never start using tobacco!

BE A QUITTER!

If your teen smokes, you may wonder how you can get him or her to quit. These tips can help you find the best way to encourage your teen to quit smoking.

**offer your teen
encouragement**



Public Health
Prevent. Promote. Protect.

think positive!

**If your teen doesn't want
to stop now, don't give up!**

Say your care, without being critical

- Be careful not to say unkind things about your teen or his or her friends for smoking. If you do, you may lose your teen's trust.

**Find out why, and how much your
teen smokes**

- Gently ask questions. The more you learn, the better.
- If your teen smokes daily, he or she may be addicted and could be more of a challenge for them to quit.

Only your teen can decide to quit smoking

- If your teen wants to stop smoking or is even open to the idea, ask how you can help.
- Praise him or her for each step they make.



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