

Where's the Harm

Most parents/carers whether they are smokers or not have an opinion on smoking, the majority would prefer their children never smoke.

Talk to your children about the dangers of tobacco **BEFORE** they experiment. Some young people's first cigarette is at the age of 9/10 years old.

Can a few cigarettes really hurt my child?

Yes! Research shows even a few cigarettes can cause long-term changes in a young person's brain that may increase the likelihood of becoming addicted to cigarettes. After only 4 weeks, a 12 year old can become addicted to smoking.

Be the example: If you agree with smoking it is more likely your child will smoke. If you are a smoker be honest with your children, explain it's hard to quit and you know it is harmful.

What can I do to help my child resist pressures to smoke?

Teenagers often use cigarettes to help them 'fit in' (peer pressure) so it's important to encourage your child to have the confidence to say 'NO' if they are being pressured to smoke.

For practical tips and child friendly information:
www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/smoking/

Tobacco

Keeping your children safe



An issue across Lancashire is the selling of cheap illegal cigarettes in shops, pubs, private houses or on the street. Illegal tobacco might not seem a big deal but people who sell illegal tobacco don't care if they sell to your kids.

It is sold so cheaply that it makes it really affordable and easy for young people to buy. It brings crime into your neighbourhoods, fuelling human trafficking, the drugs trade and loan sharks.

For more information and to report sales anonymously <https://keep-it-out.co.uk>

Smoking and the Law

It's illegal:

- for shops to sell cigarettes (e-cigarettes & e-liquids) to anyone under 18
- for an adult to buy cigarettes (e-cigarettes & e-liquids) for someone under 18
- to have, give or sell cannabis to anyone. If you are caught with cannabis you could get a warning, a formal caution, or be arrested. You could even be sent to prison
- to smoke in a car with a child.

BEER

