

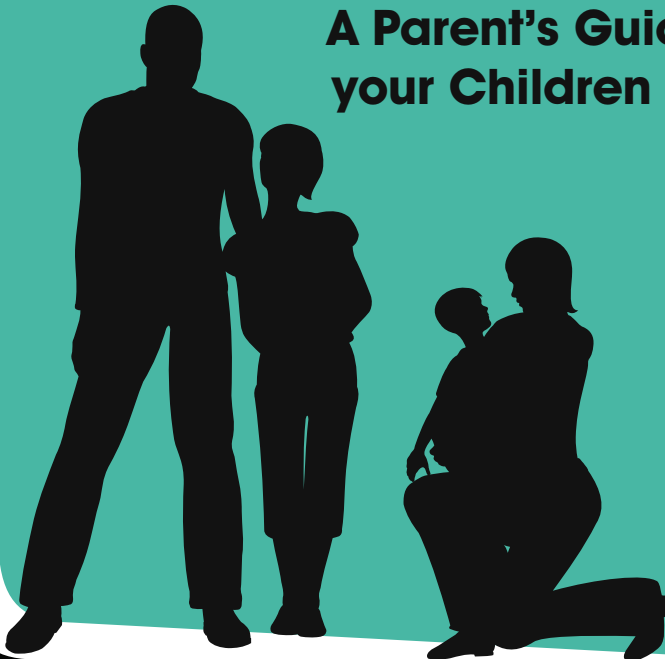
Tobacco Free Lancashire

Working together to keep young people safe

CLEAR

Children Learn by Example and Adult Responsibility

**A Parent's Guide to Keeping
your Children Tobacco Free**



**Primary
aged
7-11**

www.lancashire.gov.uk/tfl

Lancashire
County
Council



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Children Learn by Example and Adult Responsibility (CLEAR)

As a parent/carer we teach our children by the examples we set. It is important that you understand the harms of cigarettes and other forms of tobacco and the ways in which you can protect your children from being exposed to these harms.

This booklet provides information to;

- Help parents/carers of primary school aged children (7-11) better understand the risks involved in smoking cigarettes, e-cigarettes and shisha.
- Details of where to go for further help and advice if needed.
- Explain existing and new laws around these products.

A person's childhood plays a large role in influencing future tobacco/drug use, it is therefore important as a parent/carer you talk to your children about all these products. By discussing the harms and risks you are providing your children with accurate information so they can make educated choices about their health and lifestyle.

Most parents/carers whether they are smokers or non-smokers have an opinion on smoking, the majority would prefer their children never to start smoking. Be clear with your children that smoking of any kind is bad for their health.

Some CLEAR steps to keep young people safe and tobacco free:

- Encourage your children not to smoke.
- Ask people not to smoke around your children.
- Support family and friends who want to stop smoking.
- Make the decision to quit smoking.

FACT: It has been shown that teenagers whose parents smoke are three times more likely to become smokers themselves.

Start early: Talk to your children about the dangers of tobacco BEFORE they are tempted to experiment with smoking. Some young people's first cigarette is at the age of 9/10 years old.

Talk often: It is important that your children know that you are always willing to answer any questions they may have about tobacco products, including cannabis. Use the information in this booklet to highlight the risks and keep your children safe.

Be the example: Your opinion counts. If you agree with smoking it is more likely your children will smoke. Show your children by your own actions that you think tobacco is harmful. If you are a smoker be honest with your children, explain it's hard to quit. Ask your children and family for their support, it will help them understand the pressures and issues you are facing.

- Protect your children from second hand smoke.
- Do not allow people to smoke in your home.
- Let your children know you are doing this to avoid them breathing in the dangerous chemicals in cigarette smoke.
- Decide to have a smoke-free home and car, and ask family/ friends to be supportive

To pledge to make your home and car smokefree, visit the website; www.lancashiresmokefreehomes.co.uk



FACT: In England 42% of children are exposed to tobacco smoke in the home. If exposure to smoke continues these children are at a higher risk of developing asthma and other chest problems.

Lancashire has a voluntary policy for smokefree play areas in local parks and children's centres - you can support this by not smoking in these designated areas. If children see smoking as part of everyday life, they are more likely to become smokers themselves. Your action will reduce child exposure to smoking and reduce littering.

For information on Stop Smoking Services see page 18-19.



Frequently Asked Questions from Parents/Carers

Can a few cigarettes really hurt my child?

Yes! Research shows that even a few cigarettes can cause long-term changes in a young person's brain and may increase the likelihood of becoming addicted to cigarettes in the future.

FACT: In the UK about 450 children start smoking every day. Even after only 4 weeks of smoking a 12 year old can become addicted to smoking.

I think my child may be hanging around other teenagers who are smoking. What can I do?

Talk to your child and share your concerns. Try asking questions that help your child think through the consequences of using tobacco for themselves. For example:

- **What do you think it would be like to be addicted to cigarettes?**
- **What are some of the impacts on health and appearance that you see in smokers?**
- **What are some of the negative things about smoking (e.g. smell, cost)?**
- **Why do you think young people use tobacco?**

You can also point out that **MOST** young people do not use tobacco. Only a small percentage do, young people often wrongly assume that 'everyone is smoking'. Teenagers often use cigarettes to help them 'fit in' (peer pressure) so it's important to encourage them to have alternative activities.

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

It is important that your child has the confidence to say 'NO' if they are being pressured by their friends to smoke. It can be difficult to not go along with what friends want you to do. Remind your child it is ok to say no in these situations.

As a parent/carer you can give them some tips;

- Encourage them to be firm, but not aggressive, look like they mean what they say.
- Repeat the message 'no' or 'no thanks' as often as they need to.
- Encourage them to change the subject or walk away to end the discussion.
- Remind them that a good friend is someone who likes them for the way they are and respects their thoughts and decisions.

The following pages provide you with information, advice, facts and figures that you can use to discuss the issues of smoking whether it be about tobacco cigarettes, e-cigarettes, shisha or cannabis.



Facts About Smoking:

Young People and Smoking

Smoking remains one of the biggest causes of death and illness in the UK with around 100,000 people dying each year from illnesses linked to the habit and 1,600 in Lancashire alone.

The issue of young people smoking and using other nicotine containing products in Lancashire is a significant concern. The **good news** is that fewer young people in Lancashire are smoking cigarettes, although there is evidence that young people are beginning to experiment with other products such as e-cigarettes and shisha tobacco.

A recent survey in Lancashire (2015) showed that **11%** of young people (aged 14-17) admitted to being smokers.

- **37%** of young people admitted to trying e-cigarettes.
- **17%** of young people admitted to trying shisha.
- **15%** of young people said they had tried smoking cannabis.

Why do some young people smoke?

Whilst at primary school many young people are certain they will not start to smoke. However statistics show that most smokers begin during their teenage years, **9-12** years for boys, **10-13** years for girls. Regular smoking is often associated with drinking alcohol, drug use, truancy and exclusion from school.

Some young people say they try smoking to experiment and because cigarettes are easy to get hold of. It is important that you do not leave temptation in their way, keeping cigarettes and lighters out of their reach, especially in the case of young children due to fire hazards.

Fact: In Lancashire alone there are about 400 accidental household fires relating to smoking materials each year.

Young people in Lancashire say they started to smoke for some of the reasons below:

"I have parents and brothers/sisters who smoke"

"I just wanted to try to see what it was like"

"All my friends smoke I just want to fit in"

"It looks cool"

What's in a cigarette?

Here are some interesting facts about tobacco that you can use to discuss with your child.

There are over 4,000 chemicals in a cigarette including;

- **Tar** – A black substance which is used in making roads. 70% of the tar in cigarette smoke is left in the lungs where it causes many serious lung diseases.
- **Nicotine** – A chemical which keeps you addicted. It enters the body quickly and races to the brain in less than 10 seconds. It is also a pesticide.
- **Carbon monoxide** – Takes up room in your lungs which should be filled with oxygen, because your body needs oxygen the heart has to work harder. This can cause coronary heart disease and circulation problems. It is found in car fumes.
- **Arsenic** – Deadly poison used in insecticides. It causes damage to the heart of the smoker.
- **Cyanide** – A deadly poison.
- **Benzene** – Solvent used in fuel and chemical manufacturing.
- **Formaldehyde** – Used to preserve dead bodies.

Tobacco Effects on Your Body

Tobacco impacts on lots of different parts of the body. See some examples below;

LUNGS – The chemicals in cigarettes go into your body through your lungs causing irritation. Smoking makes asthma worse and reduces fitness.



EYES – Carbon monoxide in cigarettes can affect vision and dries out your eyes.



MOUTH – Smoking causes bad breath (halitosis). It stains the teeth and users cannot properly taste the flavours in food.



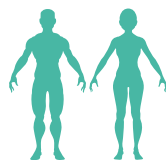
HEART – The chemicals in cigarettes make blood vessels in the heart smaller, so the heart has to work harder and beat faster.



BRAIN – The shortage of oxygen caused by carbon monoxide in smoke also affects concentration.



SKIN – Cigarette smoke makes your skin go pale, dry and you get more wrinkles and look older. Smoking has also been linked to acne, particularly in girls.



STOMACH – Smokers are more likely to get painful ulcers.



Tobacco Education in Schools

For a fun and interactive way to learn about tobacco visit the website; www.lookouttobacco.co.uk



This website was developed by primary school children from Lancashire and was designed to be used with parents as well as in schools. Tobacco education will usually be discussed in science lessons and Personal, Social, Health, Economic education (PSHE) or Citizenship.

Cannabis and young people

Your child may also receive education about other drugs such as cannabis. It is important for them to be made aware of cannabis in an age appropriate way, children should know that it is a drug. You can use the facts below to start a discussion with your child.

- Cannabis is one of the most common drugs that people use. A lot of people first start to use cannabis when they are teenagers.
- Cannabis is a plant and it has lots of different chemicals that can change the way people think, feel and behave. It can affect your mental health.
- Most people who use cannabis smoke it like a cigarette.
- The reason that people use cannabis is because it can make some people feel happy. However it can also make people feel poorly, be sick, or see things and hear things that are not real.
- Like smoking cigarettes, cannabis also contains harmful chemicals which cause damage to your lungs. The effects of smoking cannabis can last for up to 4 hours but it can stay in your body for a lot longer.

Illegal/Counterfeit tobacco

All tobacco, regardless of brand or where it is bought, is harmful to health. An issue across Lancashire is the selling of cheap illegal cigarettes. This might not seem like a big deal to many people, but it is bad news for your children and your neighbourhood for all sorts of reasons. The tobacco is sold so cheaply that it makes it really affordable and accessible for young people to take up the habit of smoking at a fraction of the cost.



FACT: In Lancashire 37% of young people claim to buy cigarettes with health warnings in a different language and 23% claim to buy fake cigarettes.

Crime: Illegal tobacco has strong connections with organised crime, so many of the people smuggling, distributing and selling it are involved in drug dealing, money laundering and other crime.

Safety: Young people are visiting illegal 'fag houses' to buy these cigarettes and getting involved with criminals closely linked with drugs and organised crime.

Remember **illegal tobacco** is:

- Widely available to children from **street sellers, shops, ice-cream vans and tanning salons.**
- Regularly sold in 'singles' to make it even easier for young people to get hold of.
- Sold at up to half the price of legal cigarettes.

Help Keep It Out: If you would like to share information and help stamp out illegal tobacco in your area, call Crimestoppers anonymously on **0800 555 111.**

For more information about illegal tobacco please visit the website:

www.keep-it-out.co.uk

(Courtesy of Tobacco Free Futures)

E-cigarettes

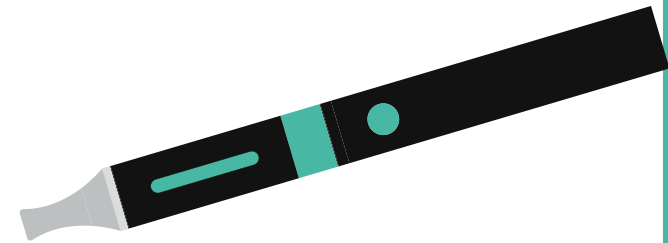
Recent studies show that there are divided opinions around the use of e-cigarettes. Some people think that using an e-cigarette mimics smoking and encourages young people to think that this is acceptable and normal behaviour.

FACT: 37% of young people in Lancashire (2015) said they have used e-cigarettes.

What is an e-cigarette?

- Electronic cigarettes are battery powered smoking devices sometimes designed to look and feel like regular cigarettes.
- They use cartridges filled with a liquid that sometimes contains nicotine, flavourings, and other chemicals.
- A heating device in the e-cigarettes converts the liquid into a vapour, which the person inhales. That is why using an e-cigarette is known as "vaping".

E-cigarettes do not burn tobacco so people do not inhale the same amounts of tar and carbon monoxide as they would with a regular cigarette. Although anyone using an e-cigarette still gets a dose of nicotine and other chemicals. Experts advise that if you do not smoke, then DO NOT vape.



Are e-cigarettes harmful?

E-cigarettes are still fairly new products and there is not a full picture on their safety until they have been thoroughly assessed over a long period of time. As e-cigarettes do not burn tobacco, users do not inhale the same amounts of carbon monoxide and tar as they would with a regular cigarette, so they are considered to be a much less harmful alternative for adults who already smoke.

Big tobacco companies now own a lot of e-cigarette companies in addition to selling regular cigarettes (that kill one in two lifelong users).

“E-cigarettes hurt your throat more than cigs since I started smoking them it feels like I have something stuck in my throat.” **Female 14**

- E-cigarettes are widely available.
- Flavours such as gummy bear, chocolate, alcohol and cannabis may be marketed to appeal to young people.
- Young people may try or use e-cigarettes without being a regular cigarette smoker. Many young people view them as fun and fashionable lifestyle products.

“Use them because they look cool, good to do tricks.” **Male 14**

- It can also be difficult to know if your child is using e-cigarettes because they do not smell like tobacco cigarettes.
- A worrying aspect for parents/schools is the ability for e-cigarettes to be used for drugs such as cannabis oil and other illegal substances.

Safety Issues

- Devices have been shown to contain harmful toxic compounds.
- Devices can leak and house fires can be started by faulty battery chargers.
- **Sub Ohm vaping** is an increasing trend where people are changing the batteries, ohms and wiring of the e-cigarette to create a larger smoke cloud. It is complicated and dangerous.
- If you are an e-cigarette user it is important that you store your e-liquid out of the reach of children and young people. If swallowed nicotine poisoning can cause illness.

Shisha



What is Shisha?

Shisha smoking is also called hookah, waterpipe or hubble bubble. It is a way of smoking tobacco, sometimes mixed with fruit or molasses sugar, through a bowl and hose or tube.

If you use shisha you are a smoker and that means you are putting your health at risk. Just because it does not taste like a cigarette, people often think of it as being safer or better. Many young people who do not usually smoke are attracted to this seemingly harmless activity.

FACT: 17% of young people in Lancashire (2015) admitted to trying shisha

How harmful is shisha smoking?

Traditionally shisha contains tobacco so like cigarettes it contains nicotine, tar, carbon monoxide and heavy metals, such as arsenic and lead. As a result, shisha smokers are at risk of the same health risks as a cigarette smoker, such as heart disease, cancer, respiratory disease and problems during pregnancy.

It is difficult to say exactly how much smoke or toxic substances a person is exposed to in a typical shisha session. People smoke shisha for much longer periods of time than they smoke a cigarette. Shisha smoking can result in nicotine levels equivalent to ten stick cigarettes in daily users.

FACT: 38% of young people under 18 are visiting shisha cafes across Lancashire

If you need any help, advice or support to quit smoking shisha see information on page 18 for Stop Smoking Services.



The Law

Cigarettes and the Law

From 1st October 2015 it is an offence for a person aged 18 or over to buy, or attempt to buy tobacco or cigarette papers on behalf of someone under the age of 18.

**FACT: 13% of parents across Lancashire supply their children with cigarettes (2015).
37% of older brothers/sisters across Lancashire supply their younger brothers/sisters with cigarettes (2015).**

E-cigarettes and the Law

- From 1st October 2015 the sale of e-cigarettes and e-liquids are banned to young people under the age of 18.
- From 1st October 2015 it is an offence for anyone aged 18 or over to buy e-cigarettes and e-liquids on behalf of a young person (proxy purchasing). You could receive a fixed penalty notice of £90 or a fine of up to £2,500.

Smoking in Cars and the Law

From 1st October 2015 a new law to protect children from passive smoking in cars will be in force. The law will apply to anyone transporting children in a car, not just parents. A £50 fixed penalty notice can be issued both for smoking in the vehicle and failure to prevent smoking in the vehicle.

FACT: Tobacco smoke fumes in a car are 11 times more concentrated than in open space.

Shisha Smoking and the Law

- Only people aged 18 or over are allowed to buy shisha.
- From 1st October 2015 it is an offence for anyone aged 18 or over to buy shisha tobacco on behalf of a young person (proxy purchasing).
- Smoking shisha indoors in public places is against the law – this includes covered gardens in a shisha bar.
- Packets of shisha should have health warnings on them.

Cannabis and the Law

- Cannabis is a Class B drug – It is illegal to have for yourself, to share or sell.
- Possession – It is illegal whatever you're using it for, including pain relief. The penalty is up to five years in jail.
- Supplying others, even if you give it away, is considered 'supplying' under the law. You can get 14 years and an unlimited fine.

What if your child is caught in possession of cannabis?

If the police catch your child with cannabis, they will always take some action. This could be:

- A warning.
- A reprimand.
- A formal caution.
- A fixed penalty.
- An arrest and possible conviction.

Choices

The choices young people make now can have a long-lasting impact on their life. Having a criminal record could affect current and future education or employment opportunities.



Stop Smoking Services

Reducing or quitting cigarettes, shisha or e-cigarettes is difficult but help is available. The service can provide advice, support, and encouragement and it is completely free of charge. It will help with;

- A free, personal quit plan, tailored to your individual needs.
- Stop smoking products to help to beat the cravings such as Nicotine Replacement Therapy (NRT). These are available on prescription and are free to those on benefits.
- Supportive tips on how to stay on track, including behavioural support for those smoking e-cigarettes.
- Use of a carbon monoxide (CO) monitor, so you can see your progress in action.

There is a variety of support options from one-to-one, group sessions or telephone support. Clinics operate at a variety of venues at different times including evenings. Make an appointment at a time that suits you or just drop-in.

Young people aged 12 years and above can also access these services.

For help to stop smoking contact the Lancashire services below;

North	01524 845145
East	0800 328 6297
Central	0800 328 6297
West	0800 328 6297

Smoking in Pregnancy

If you are pregnant and looking for information, support and advice to give up you can visit:

Quit For Two - www.quitfortwo.co.uk

or Download the App - Quit for Us available on Google Play and the App Store



National Helplines

NHS Free Smoking Helpline **0800 022 4332**
(Mon-Fri 9am-8pm, Sat-Sun 11am-5pm)

NHS Pregnancy Smoking Helpline **0800 169 9169**
(Mon-Fri 9am-8pm, Sat-Sun 11am-5pm)

Tobacco Free Lancashire

Working together to keep young people safe

