



What you can do:

1. Encourage local officials to pass comprehensive, no-smoking policies or ordinances for all businesses and work sites, and all public buildings in your community.
2. Avoid second-hand smoke. Second-hand smoke has been proven to cause the same physical problems and smoke-related diseases in non-smokers as those found in smokers.
3. Challenge your friends and family members who smoke or who use smokeless tobacco to stop. Tell them that you care about them and you don't want their lives to be ended prematurely as a result of tobacco-related diseases.
4. Encourage the managers of local stores where tobacco products are sold to cover tobacco displays and remove tobacco ads from store windows and indoor displays; or, ask them to stop selling tobacco products all together.
5. Do not wear t-shirts, caps or other clothing that promote tobacco products.
6. Form a club at school or a ministry team at church and, together with adult leadership, develop a strategy for encouraging your peers to stop using or to never start using tobacco. Peer pressure can be a positive experience!