

Brochures

- **Rauchen – Mit Kindern und Jugendlichen darüber sprechen.**

Informationen und Tipps für Eltern.

Parental brochure on how to deal with smoking.

Order: www.suchtschweiz.ch, 021 321 29 11

Sucht Schweiz (Addiction Switzerland),

Lausanne 2010.

The brochure is available in German and French.

- **Schluss mit der Zigarette. Ausstiegshilfe für Jugendliche.**

This brochure offers teenagers strategies and tips for successfully quitting smoking.

Arbeitsgemeinschaft Tabakprävention, Bern 2011.

Order: www.at-schweiz.ch, 031 599 10 20

This brochure is available in German, French and Italian.

Be a non-smoker again!

Support and assistance

- **Group courses and advice:**

For teenagers who want professional help to quit smoking. For information contact

Züri Rauchfrei (Zurich Smokefree):

044 262 69 66, info@zurismokefree.ch

- **www.feel-ok.ch**

Here teenagers can find information and tips about quitting smoking and how to make sure they do not start smoking again.

- **www.smokefree.ch/de/buddy-app**

App to help you stop smoking with the help of a friend.

- **Telephone advice:**

Rauchstopplinie (stop smoking hotline)

0848 000 181 (0.08 CHF/min. landline /

German, French and Italian)

also suitable for teenagers.

Specialist centres

Bern

Berner Gesundheit, www.beges.ch:

Zentrum Bern, 031 370 70 70

Zentrum Berner Jura-Seeland, 032 329 33 70

Zentrum Oberland, 033 225 44 00

Zentrum Emmental-Oberaargau, 034 427 70 70

St.Gallen

Lungenliga St.Gallen, Fachstelle Tabakprävention,

Kolumbanstrasse 2, 9008 St.Gallen, 071 228 47 47

www.lungenliga-sg.ch, info@lungenliga-sg.ch

Zurich

Regional addiction prevention centres in the canton of Zurich at: www.suchtpraevention-zh.ch

Züri Rauchfrei, Fachstelle für Tabakprävention,

Zähringerstrasse 32, 8001 Zürich, 044 262 69 66

www.zurismokefree.ch, info@zurismokefree.ch

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Zurich, 2016

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Coordination: Fachstelle für interkulturelle Suchtprävention und Gesundheitsförderung (FISP), Zurich.

This flyer is available in several languages:

<http://www.fisp-zh.ch/material/tabak/>

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RAUCH F R E |

Fachstelle für interkulturelle
Suchtprävention und
Gesundheitsförderung FISP

at
Arbeitsgemeinschaft Tabakprävention Schweiz
Association suisse pour la prévention du Tabagisme
Associazione svizzera per la prevenzione del Tabagismo

Parental guidelines for preventing your child from smoking Support for parents

English

Dear parents

Like all parents, you want to ensure that your child does not start smoking, or if they already do smoke, then you want them to quit as soon as possible. But what is the best way for you as a parent to influence them?

Studies have shown that parents can greatly influence the smoking and non-smoking behaviour of their children. Whether you are a smoker or non-smoker yourself obviously also plays a role! Either way, it is crucial that you take a clear and **negative stance towards smoking** as early as possible. Your child needs to know that you will not tolerate them taking up smoking. In practice, this means not allowing smoking at home and asking others not to smoke in the presence of your child. You also need to observe and react to your child's smoking behaviour.

As a parent, you can actively help to ensure that your child does not start smoking. The clearer your stance is, the greater your success will be!

10 tips – What you can do as a parent

- 1 **Get information** about teenage smoking from reliable sources (see back page).
- 2 **Take the time** to ask your child what they think about smoking. Listen to what your son or daughter says.
- 3 **Talk to your child about the problems caused by smoking.** For example, the highly addictive nature of nicotine, long-term damage to health, negative effects on organ growth and brain development in children and teenagers – and the costs.
- 4 Advocate your **negative stance** towards smoking.
- 5 **Set boundaries!** Do not tolerate your child smoking at home or in your presence.
- 6 **Be consistent** towards your child's friends! Do not tolerate them smoking in your presence or in your home.
- 7 **React** clearly and consistently if the rules are broken.
- 8 **Be resolute** when questioned and during discussions about the subject, but avoid lecturing or making demands that are difficult to fulfil.
- 9 **Support your child** – for example with incentives or rewards so that they continue not to smoke or wanting to quit.
- 10 **Get external help and support** without delay if you are having problems (for addresses see back page).

5 more tips – What should you do if you are a smoker?

- 1 I tell them about my problems with smoking (addiction, health, costs).
- 2 I do not smoke in the presence of my child.
- 3 I do not smoke at home.
- 4 I ask visitors not to smoke in my home.
- 5 I do not smoke in the car.