

# Help your kids stay tobacco-free



**It's the most important thing you can do to reduce their chances of getting cancer!**

**Try these tips to help your kids make good choices.**

-  **Listen**  
Don't do all the talking.
-  **Educate**  
Inform your kids about the dangers of tobacco.
-  **Role play**  
Have your kids practice what to say if they are asked to use tobacco.
-  **Teach**  
Help your kids make wise decisions on their own.
-  **Be a role model**  
If you smoke, get help to quit.

**To help my kids stay tobacco-free, I pledge to:**

1. \_\_\_\_\_
2. \_\_\_\_\_

[www.mdanderson.org/smoke-free](http://www.mdanderson.org/smoke-free)

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# Dangers of tobacco products



**E-cigarettes** are smokeless devices that may look like cigarettes, but also can resemble pens or USB memory sticks. Users inhale a vapor of liquid nicotine that comes in many flavors.

**Dangers:** E-cigarettes, like all tobacco products, contain nicotine, which is addictive and harmful. There is little research on their safety.

## Flavored cigars

come in sweet flavors like cherry and vanilla. They are typically available at convenience stores and gas stations for a very low price.

**Dangers:** Smoking flavored cigars causes cancers of the mouth, throat and lung.



**Snus** (pronounced snooze) is a type of smokeless tobacco that comes in small pouches and can be a discreet way for kids to use tobacco.

**Dangers:** Users may be at higher risk for cancers of the mouth, esophagus, stomach and pancreas.



## Chewing tobacco and dipping snuff

Snuff is a fine-grain tobacco that often comes in pouches. Chewing tobacco comes shredded, twisted or bricked. Users put these products between their cheek and gum.

**Dangers:** These products can cause mouth and throat cancers.



**Hookahs** are water pipes that create flavored tobacco smoke. Most people use hookahs at bars and cafes to socialize.

**Dangers:** Users may inhale more smoke than cigarette smokers, because hookah sessions often last an hour or more. That means more exposure to nicotine's cancer-causing chemicals and other harmful ingredients.



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