

Resources for Families

How to Avoid Harmful Tobacco Products

Some behaviors are good, like brushing teeth twice a day. Other behaviors, like smoking, can start a lifetime of addiction. It's just better if we never start.

Smoking hurts everyone. Children and non-smoking family members are exposed to secondhand smoke (the smoke that is exhaled by a smoker or comes off the lit end of a cigarette), and thirdhand smoke (the residual nicotine and chemicals left on clothing, surfaces and walls after the cigarette is extinguished). Breathing in smoke, including secondhand and thirdhand smoke, exposes even non-smokers to harmful chemicals. Family members who live with a smoker are especially vulnerable to the negative effects of secondhand and thirdhand smoke. The best way to protect your family is to keep a 100% smoke-free home and car.

Most people who use tobacco – including cigarettes, e-cigarette (vaping) devices or chewing tobacco – started as teenagers.

That's why it is important to protect children early in life from exposure to tobacco products. Luckily, this is something all of us can do.

Here are links to more information to help you and your family keep kids smoke-free and tobacco-free.



Resources for Families

American Academy of Pediatrics [HealthyChildren.org](https://www.healthychildren.org) Resources

- [Smoking Hurts Everyone](#)
- [Why are Smoke-Free Environments a Big Deal?](#)
- [Tips to Keep a Smoke-Free Home and Car](#)
- [How to Quit: When the Smoker is You](#)
- [Emerging and Alternative Forms of Tobacco are Dangerous](#)

American Dental Association [MouthHealthy.org](https://www.mouthhealthy.org) Resources

- [Smoking, Smokeless Tobacco](#)
- [Smoking, 5 Steps to Quit](#)
- [Smoking and Tobacco](#)
- [Smoking, Non-Cigarette Alternatives](#)

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

This publication has been developed by the American Academy of Pediatrics. The authors and contributors are expert authorities in the field of pediatrics. No commercial involvement of any kind has been solicited or accepted in the development of the content of this publication. The appearance of any corporate logo on AAP publications does not constitute or imply an endorsement of any product or service.

Copyright © 2019 American Academy of Pediatrics. All rights reserved.

You may download or print from our Web site for personal reference only. To reproduce in any form for commercial purposes, please contact the American Academy of Pediatrics.

The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

Listing of resources does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of external resources. Information was current at the time of publication.