

Youth & Tobacco: Starting the Conversation

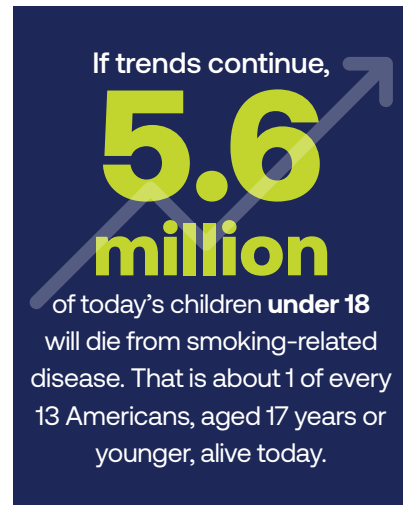
Follow these **8 steps**
for the most effective conversation
on tobacco prevention with youth*:

1. Share the facts.
2. Talk early, and often.
3. Use everyday opportunities.
4. Be honest, direct and open.
5. Make it a two-way conversation.
6. Set a good example.
7. Set clear household rules.
8. Help formulate their own plan to say “no”.

**Tips taken from the Food and Drug Administration's (FDA's)
Protecting and Promoting Health Tips*



Although tobacco use among youth has decreased over the years, it is still extremely prevalent.*



*Statistics taken from the Centers for Disease Control and Prevention's Data on Youth Tobacco Use http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/