## Youth & Tobacco: Starting the Conversation

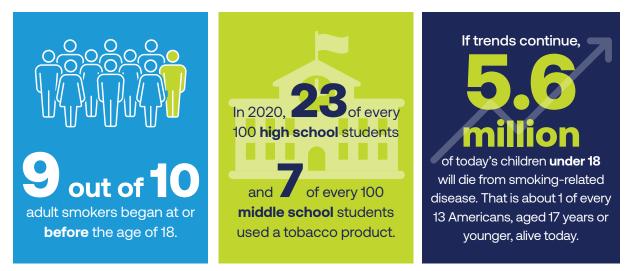
Follow these **8 steps** for the most effective conversation on tobacco prevention with youth\*:

- 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/



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