The increased health risks for children using tobacco (cigarettes or spit) are:

- damage to child’s developing organs
- can cause severe asthma
- more frequent colds, sore throats, and coughing
- can cause bronchitis and pneumonia
- can cause ear infections and loss of hearing
- can cause learning disorders and behavior problems
- the child can become addicted
- can cause tooth decay and tooth loss

12.5% of the NEAM participants who use tobacco said they started using everyday or almost everyday when they were between 3 and 11 years old.

400 participants in the NEAM study were asked:

“Has anyone you know ever given tobacco to a child aged 4 years to 12 years?”

- Yes: 19%
- No: 81%
400 NEAM participants were asked “Which tobacco product do you think is safest to use during pregnancy?”

- **Iqmik**: 2%
- **Snuff or Chew**: 4%
- **Don’t Know**: 8%
- **None, All are Equally Dangerous**: 86%

Medical professionals and scientists agree that there is **no safe form of tobacco for women to use during pregnancy**.

Problems caused by tobacco during pregnancy:

- vaginal bleeding
- high blood pressure
- miscarriage
- still birth
- premature birth
- low birth weight
- cleft lip or palate

When a pregnant woman is around tobacco smoke, her baby takes in the same harmful chemicals she does. **If you smoke, help protect babies by not smoking around pregnant women.**

Spit tobacco is NOT a safe alternative to smoking because the exposure to tobacco juices cause cancer of the esophagus, pharynx, larynx, stomach, and pancreas. Spit tobacco also contains nicotine, which is highly addictive, and 28 cancer causing chemicals. Nicotine exposure during pregnancy can make babies fussy or irritable at birth.

Tobacco use affects the whole family. Keep kids healthy by not smoking or chewing around them.

Studies have shown that children whose parents use tobacco are more likely to use it themselves than kids in tobacco free families. Many kids who smoke or use spit tobacco get the products from family and friends; one way to help keep kids from trying tobacco is to keep it out of their reach. It is also important to talk to kids about the dangers of using tobacco and explain addiction to them.
Talking about Tobacco

It is important to talk to your children about the dangers of tobacco use. You could set clear rules for them about using tobacco early on. Ways to keep your children from starting to use tobacco:

• Discuss tobacco use in a way that does not make children feel like they are in trouble.
• Keep talking to them over the years about the dangers of tobacco use.
• Tell them how proud you are of them for not using tobacco.
• Parents should not use tobacco products or at least not around children.
• Share the NEAM News bulletins with your children.

Sometimes your children might start using tobacco even though you set rules and told them the dangers of tobacco use. If this happens, it is easy to get angry, but you should try to talk calmly with your child. When talking with your children about their tobacco use you can:

• Ask them why they use tobacco and patiently listen.
• Remind them of all the things they can spend their money on instead of tobacco products.
• Get help from a cessation program and be supportive.

Across
3. ______ smoke is made up of mainstream and sidestream smoke.
5. Smokers suffer from ____ of breath almost 3 times more often than nonsmokers.
6. Using tobacco during pregnancy can result in ___ birthweight babies
8. ______ smoke is the smoke from the end of a cigarette, pipe, or cigar.
10. _______ smoke refers to the chemicals left in the air and on surfaces after a person has smoked in the area.

Down
1. The process by which the body breaks down chemicals.
2. Carcinogens are ____ causing chemicals.
4. ______ are found in every cell of your body.
5. Mainstream ______ is exhaled by the smoker.
7. ____ causes arteries to constrict and tightens blood vessels.
9. Children who are exposed to secondhand smoke have a higher risk for ______ infections.

Tobacco Trivia!
Test Your Tobacco Knowledge!
To help a young person quit tobacco, visit these websites for information:

www.TobaccoFreeKids.org
www.TeenQuit.com
www.NoTobacco.org

BBAHC Nicotine Dependence Treatment Program
P.O. Box 130
Dillingham, Alaska 99576
Phone: 907-842-9547
1-800-478-5201 ext. 6547
Fax: 907-842-9468
website:
www.bbahc.org/tobacco.html