



# I'm a STAR! Mom

Start Thinking About Reducing Secondhand Smoke

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## Try this: Choose your smoking place

A great way to reduce secondhand smoke is to choose a smoking place. It will help protect your kids and reduce smoking triggers.

- Open a window, and use a fan to blow the smoke outside.
- Pick a place where you don't usually smoke (if you can).
- Choose a place you don't do other things like watch tv or go online. (These can be triggers for smoking.) Try to smoke only in this place.
- Keep lighters, ashtrays and cigarettes in this place.
- Move your smoking place outside if you can.

## What are your ideas?

### AWARE

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## Separating fact from fiction

"I tried to reduce secondhand smoke and I even quit smoking once before and it didn't work, so there's no point."

**FALSE:** Every small step you take counts. One day, the small steps will all add up and you'll be smoke free. Remember, you're a STAR! Even if you go back to your old smoking habits, you made some great changes. Remember: every time you make a change, you learn something new. It will be that much easier next time.

## Feeling lonely?

Check out the mom's matter section of our website for tips for moms from moms: [www.aware.on.ca/moms-matter](http://www.aware.on.ca/moms-matter)

## News about Smoking

Canada's anti-tobacco law Bill C-32, forbids retailers from selling fruit- and candy-flavoured little tobacco products. The law took effect across the country in July. The bill is aimed at reducing the smoking rates of school-aged children. A 2008-09 school year survey suggests that 40 per cent of students in grades 10 to 12 had tried smoking cigarillos.

What do you think? Do you think flavoured cigarettes encouraged you to smoke? Do you think that this is even more an issue for women than it is for men? Do you think this is a good idea or not? Log on to our Facebook group and have your say!

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## Have a question, comment or idea?

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