

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# How to Talk to Others Who Smoke Around You

If you are trying to live a smoke free life, you may need to talk to people about not smoking around you. It can be tricky to talk to someone about keeping their smoke away from you. Below are some tips about having this talk.

## Before the talk:

- ✓ Understand that smoking is addictive, and quitting is hard.
- ✓ Go into the talk with a kind and open attitude.

## During the talk:

- ✓ Stay calm and non-judgmental. If it turns into an argument, they are less likely to hear you.
- ✓ Explain that you care about their health, your own health, and your children's health. Let them know their smoke is putting you and your children at risk for having unhealthy lungs, heart disease, ear infections, and more.
- ✓ Offer to help them on their smoke free journey. They can call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) for more information about quitting.
- ✓ If they are not ready to quit smoking, ask that they do not smoke around you and your children. This includes in your home and car.



## After the talk:

- ✓ If they are trying to quit, check in with them often to see how it's going. If they are stressed, offer to do something healthy and relaxing together, like taking a walk.
- ✓ If they are not trying to quit yet, keep your boundaries strong. Remind them about not smoking around you and your children, if needed.



Who is one person you are thinking about having this talk with?

After you have the talk, write or draw a picture about how it went:

**Breathe**  
Healthy Steps to  
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at  
1-800-QUIT-NOW (1-800-784-8669)  
or log on to [equitnow.com](http://equitnow.com) for free, personalized support.