

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

# How to Advocate for Smoke Free Housing

Even if you choose to stop smoking, you may still be living in an apartment or housing unit where neighbors smoke. This smoke can travel under doors and through vents and outlets.

## What can you do?

- If you are comfortable, talk to your neighbors about the dangers of secondhand and thirdhand smoke. Ask if they can smoke outside.
- Talk to your landlord about creating a smoke free environment or moving into a smoke free building.
- Keep your children away from areas where people smoke.
- If a person is smoking near your children, you can kindly ask them to stop while your children are present.
- Review your lease to see what options you have.



**Write a script of what you want to say to your landlord and how you can respectfully advocate for your family's health.**



**Sometimes it can be scary to speak up for ourselves. Write yourself a little note to remind yourself that you can be brave and speak up to protect your family's health.**

For more information  
and support go to  
[INSmokefreehousing.com](http://INSmokefreehousing.com)

Multi-Unit Housing



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.