

Name: _____ Date: _____

Family Meetings to Talk About Quitting

So, you're thinking about quitting smoking, but you live with other people, and some of them may smoke/vape as well. What should you do? Hold a family meeting of course!

Who:

Everyone in the household should be a part of the meeting. You might also need to think about inviting other people who you are close to, such as relatives or close friends who are often at your home.

 **Who should be at your meeting?**

What:

Let the family know you want to quit smoking and give them your reasons and your timeline. Your reasons might include saving money, improving your health, and improving your child's health. Ask them all to support you and encourage them to quit smoking too, in a non-judgmental way.

 **Write down your reasons here:**

Where:

Hold your meeting somewhere that is quiet and comfortable. This might be right in your home or it could be somewhere outdoors that your family enjoys.

 **Where would you like to hold your meeting?**

When:

Hold your meeting at a time when everyone has time to sit and talk, not right before people need to leave.

 **When will you hold your meeting?**

Finally, take time to answer everyone's questions. Some questions you may get or that you could ask of others who plan to quit are:

- How can I support you when you want to smoke/vape again?
- Are you using any quitting aids (such as nicotine patches)?
- What would you like to do to celebrate when you have quit for 1 month? 6 months? 1 year?

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 for free, personalized support.