

Name: _____ Date: _____

Be a Healthy Role Model

Children are twice as likely to smoke as adults if they see their parents smoking. This means that a child will be exposed to secondhand and thirdhand smoke through their childhood and then face the increased risk associated with being a smoker. Ongoing lifelong exposure to cigarette smoke is dangerous. Families can pass on the habit of smoking, and its risks, from one generation to the next. By choosing to stop smoking, you can inspire healthy changes for your family's legacy.



Write about the future goals you have for your family.



What healthy habits do you want to model for your children?

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.