








Accept the Challenge

Sign the pledges for a smoke/vape free home and car to protect your children from second and thirdhand smoke/vapor!

What You Need to Know

-  **Secondhand Smoke** happens when people are around others who smoke or vape, and they breathe in the harmful fumes.
-  **Thirdhand Smoke** occurs when someone smokes or vapes in a car or home, leaving harmful chemicals that stick to furniture, walls and floors.

Health Effects on Children Exposed to Second and Thirdhand Smoke/Vapor

-  Frequent ear, nose, throat, and lung infections
-  Impaired lung development
-  Asthma
-  Risk for Sudden Infant Death Syndrome (SIDS)
-  Increased risk of cancer in adulthood

Steps

1. Fill out these worksheet pages:



**Secondhand
Smoke and
Children**



**Thirdhand
Smoke and
Children**

2. Prepare your home and car by reading this handout.



**Making Your Home &
Car Smoke/Vape Free**

Breathe
Healthy Steps to
Living Tobacco Free



3. Print and sign the pledges, then hang them on your fridge!



Pledges

4. Take a photo with your signed pledge. Post on social media using the hashtags **#BreatheChallenge #SmokeFreeAir #VapeFreeAir #ProudToBeSmokeAndVapeFree**.
5. Talk with others who smoke/vape around you and your children.
 -  Educate them on the dangers of second and thirdhand smoke.
 -  Encourage others to sign the pledge.

Pledge for a Smoke/Vape Free Home

*When you're ready, commit to a smoke/vape free home.
You can commit to this even if you aren't ready to pledge to a smoke/vape free car or life.*

I, _____, promise to stop smoking, vaping, or using tobacco products in my home. I know they are dangerous to my health and dangerous to the health of my children. Starting _____ (date), I pledge to have a smoke/vape free home.

I commit to keeping myself and my family away from smoke and vape, including secondhand and thirdhand smoke, and will not allow others to smoke/vape in our home to protect our health.

I pledge to encourage and support other people in my life to make the choice to have smoke/vape free homes too.

I am ready to take on this challenge because it is the healthiest choice for me and for my family.

(signature)

(date)

Pledge for a Smoke/Vape Free Car

*When you're ready, commit to a smoke/vape free car.
You can commit to this even if you aren't ready to pledge to a smoke/vape free home or life.*

I, _____, promise to stop smoking, vaping, or using tobacco products in my car. I know they are dangerous to my health and dangerous to the health of my children. Starting _____ (date), I pledge to have a smoke/vape free car.

I commit to keeping myself and my family away from smoke and vape, including secondhand and thirdhand smoke, and will not allow others to smoke/vape in my car to protect our health.

I pledge to encourage and support other people in my life to make the choice to have smoke/vape free cars too.

I am ready to take on this challenge because it is the healthiest choice for me and for my family.

(signature)

(date)