

Talking about Tobacco Without Judgment

Breathe
Healthy Steps to
Living Tobacco Free



Developed and Designed by McMillen Health

If someone you care about uses tobacco, talking to them about quitting may be difficult. Offering information and support, without judgment, is key. To educate and encourage positive change:



Share the facts:

Explain smoking and vaping health risks.



Expect setbacks:

Acknowledge that setbacks are common and encourage them to try again.



Be understanding:

Be kind and listen to their feelings about tobacco.



Offer resources:

Suggest they talk to their doctor or call 1-800-QUIT-NOW for help.



Offer support:

Let them know you're here to help, not judge.



Be a healthy role model:

Live smoke/vape free yourself and share successful quitting stories.



Be respectful:

Avoid pressuring them to quit. Show your support and be patient.



Worksheet #1

Say This,
Not That



Worksheet #2

Being Supportive
During a Setback



Watch:

Encourage Change
without Judgment



Avoid blame:

Blame adds stress and hinders progress.



Celebrate Success:

Celebrate even small wins on their quit journey.



Promote baby steps:

If they aren't ready to quit, encourage them to cut back or commit to not smoking/vaping in the house/car.

Positive Statements to Use:



"You're not in this alone."



"Quitting is hard, but you can do hard things."



"I'm here with resources whenever you're ready."

For Data Sources:
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