

November 25, 2008

Questions & Answers for Youth

Frequently Asked Questions about the Smoke-Free Environment Policy

The Ministry of Children and Family Development has a smoke-free environment policy that affects everyone living in or visiting a household with foster children and youth.

Q1: I don't smoke. How does the "smoke-free environment" affect me?

The smoke-free environment policy supports your right (and the rights of all children and youth in care) to live in a healthy, smoke-free foster home.

Q2: What does the "smoke-free environment" policy mean to me?

It means that no one is able to smoke in your foster home or in your foster family's vehicle.

Q3: Why is this policy needed?

You have the right to live in a healthy, smoke-free home. This policy ensures that all young people in foster homes throughout the province have the same healthy living environment.

Q4: I am a youth living in a foster home and I smoke, but I never smoke in the home or in the vehicle. Do I have to quit smoking?

No, you do not have to quit smoking.

Q5: What kind of support is available if I decide I want to quit smoking?

There are many supports available through QuitNow, a free 24-hour service operated by the BC Lung Association on behalf of the Ministry of Health. QuitNow (www.quitnow.ca) is an internet-based program providing tools, expert advice, e-mail support, and chat lines to help you successfully stop smoking. QuitNow also provides a telephone counselling service available 24/7 and staffed by registered nurses toll-free at 1 877 455-2233. It's a good idea to discuss your desire to stop smoking with your foster parent, social worker or doctor; they may also be able to provide support.

Don't get "sucked in." Check out this website to find out what's in your cigarette:
www.tobaccofacts.org/suckedin

Did you know that it takes more than willpower to quit smoking? It takes skills and support, as well as your own motivation to quit. The new Health Canada Quit4Life (Q4L) website can help you to quit smoking... for life: www.quit4life.com/

Did You Know?

The smoke from the burning tip of your tobacco product and the smoke you exhale are dangerous. They can harm others in your family, especially children. Children's lungs are still developing and they breathe faster than adults do. As a result, children exposed to second-hand smoke are more likely to suffer from respiratory infections like bronchitis, ear infections and asthma attacks.

Second-hand smoke also contributes to death from lung cancer in non-smoking adults. The best solution is to stop smoking. If you do smoke, smoke outside!

Ninety-five percent of high school students believe they will quit smoking after high school. How many are still smoking five years after graduation?

- a) one quarter
- b) half
- c) two-thirds
- d) three-quarters

The Correct Answer is: d)

In this study, only 5 percent of high school students believed that they would continue smoking after high school. When surveyed again seven years later, almost 75 percent were still smokers.