

# Addressing Tobacco Use in a Pediatric Setting: Suggested Talking Points

	Ages 5-10	Ages 11-20	Parents
<b>Developmental Considerations</b>		<ul style="list-style-type: none"> <li>Tobacco use is common among adolescents, but disclosure of use may not be volunteered unless provider ensures <b>confidentiality</b>.</li> <li><b>Anticipate</b> experimental and committed smoking in this age group.</li> <li>Adolescents are vulnerable for initiating tobacco use during the <b>transition from middle school to high school, and high school to college</b>.</li> <li><b>Address peer pressure</b> by dispelling myths, supporting individual choices, and providing positive feedback.</li> </ul>	<p><b>Parents should be made aware:</b></p> <ul style="list-style-type: none"> <li>Of the harms of secondhand smoke exposure to children; and</li> <li>Youth whose parents or friends smoke are at greater risk for smoking themselves.</li> </ul>
<b>ASK</b> about tobacco use and secondhand smoke exposure.	<ul style="list-style-type: none"> <li>Have you ever tried smoking or chewing tobacco?</li> <li>Do you think smoking/chewing is harmful?</li> <li>Do you think you'll smoke or chew when you're an adult?</li> <li>Do any of your friends use tobacco? Your parents? Brothers or sisters?</li> <li>Would it be easy for you to get a cigarette if you wanted to?</li> </ul>	<ul style="list-style-type: none"> <li>Have you tried cigarettes, chewing tobacco or hookahs?</li> <li>Do you use tobacco? How often? Under what circumstances?</li> <li>Do any of your friends smoke? Your parents? Brothers or sisters?</li> <li>Would it be easy for you to get a cigarette?</li> </ul>	<ul style="list-style-type: none"> <li>Does smoking occur in the home or car?</li> <li>Does anyone who cares for the child smoke?</li> <li>Do any of your child's friends and/or siblings smoke?</li> </ul>
<b>ADVISE</b> to quit or reduce secondhand smoke exposure.	<p>Children who are experimenting or are regular tobacco users should be advised to stop.</p> <p><b>Emphasize the short-term negative effects of tobacco:</b></p> <ul style="list-style-type: none"> <li>Bad smell</li> <li>Stained teeth, fingers, clothes</li> <li>Diminishes athletic performance</li> <li>Nicotine is addictive</li> </ul>	<p><b>Non-smokers should be praised.</b></p> <p>Occasional and regular smokers should be advised to quit.</p> <p><b>Emphasize the short-term negative effects of tobacco:</b></p> <ul style="list-style-type: none"> <li>Bad smell</li> <li>Stained teeth, fingers, clothes</li> <li>Diminishes athletic performance</li> <li>Nicotine is addictive: Even if you think you can quit any time.</li> </ul> <p><b>Discuss the short-term benefits of not smoking:</b></p> <ul style="list-style-type: none"> <li>Your breath, hair and body stop smelling like smoke</li> <li>Your sense of taste and smell improve</li> <li>Your lungs can hold more air</li> <li>Coughing, congestion, tiredness and shortness of breath decrease</li> <li>Your overall body energy increases</li> </ul>	<p><b>Educate parents about their responsibility as role models:</b></p> <ul style="list-style-type: none"> <li>Children are three times more likely to smoke if there is a smoker in the household.</li> </ul> <p><b>Discuss the health risks of secondhand smoke on children, dispel myths, and advise to quit or smoke outside:</b></p> <ul style="list-style-type: none"> <li>Secondhand smoke (SHS) has more than 60 cancer-causing chemicals.</li> <li>Breathing air that contains SHS makes a child more likely to develop ear infections, more severe and frequent asthma attacks, allergies, bronchitis and pneumonia.</li> <li>Smoking near an open window or fan, or using air filters do NOT protect children.</li> <li>There is no safe way to smoke in the home or car.</li> <li>Quitting smoking or stepping outside to smoke DOES protect children.</li> </ul>

	Ages 5-10	Ages 11-20	Parents
<b>ASSESS</b> readiness to quit.		<p><b>Are you interested in quitting in the near future?</b></p> <ul style="list-style-type: none"> <li>If <b>no</b>: Many teens like you find it helpful to think about how they might quit if they decide to in the future.</li> <li>If <b>yes</b>: That's great that you are thinking of quitting – I can help you.</li> </ul>	<p><b>Are you interested in quitting in the next month?</b></p> <ul style="list-style-type: none"> <li>If <b>no</b>: use motivational interventions (encouragement, information and support), and recommend to smoke outside.</li> <li>If <b>yes</b>: see ASSIST below.</li> </ul>
<b>ASSIST</b> in quitting.	<p><b>Praise children who have never experimented.</b></p> <p>Encourage children who have experimented to <b>develop refusal skills and feel good about not smoking</b>. Point out that smoking won't make you glamorous, sexy or a better athlete, like they want you to believe in tobacco advertisements.</p>	<p><b>For youth who don't smoke</b> or those who are experimenting but not committed smokers, offer suggestions for ways to resist peer pressure:</p> <ul style="list-style-type: none"> <li>Every day, life is full of choices. Some easy, some hard. Remember that every choice you make defines you. Check out <a href="http://www.OwnYourC.com">www.OwnYourC.com</a>.</li> <li>Most people don't smoke – only 1 in 6 do.</li> <li>86% of teens would rather date a non-smoker than a smoker.</li> </ul> <p><b>For smokers:</b></p> <ol style="list-style-type: none"> <li><i>Ask why they smoke:</i> <ul style="list-style-type: none"> <li>What do you like and dislike about smoking? Ask to set a quit date and help develop a plan for quitting and finding someone to support them.</li> </ul> </li> <li><i>Suggest healthier ways to cope:</i> <ul style="list-style-type: none"> <li>Write in a journal; spend time with friends who don't smoke; exercise or go for walks.</li> </ul> </li> <li><i>Give appropriate self-help materials</i> (available free from <a href="http://www.steppititems.com">www.steppititems.com</a>) <i>and/or websites:</i> <ul style="list-style-type: none"> <li><a href="http://www.FixNixer.com">www.FixNixer.com</a></li> <li><a href="http://www.COQuitline.org">www.COQuitline.org</a></li> <li><a href="http://www.OwnYourC.com">www.OwnYourC.com</a></li> <li><a href="http://www.MyLastDip.com">www.MyLastDip.com</a></li> <li><a href="http://www.QuitDoingIt.com">www.QuitDoingIt.com</a></li> <li>Own Your C journal</li> </ul> </li> </ol>	<p><b>Provide cessation assistance</b> to parents who smoke and are interested in quitting. <b>Refer them to the Colorado QuitLine</b> (1.800.QUIT.NOW or <a href="http://www.coquitline.org">www.coquitline.org</a>).</p> <ul style="list-style-type: none"> <li>When you are ready to take the next step and quit, the Colorado QuitLine can help. It is free and offers free nicotine patches.</li> </ul> <p><i>And/Or:</i></p> <p><b>Provide practical coaching</b> by discussing cessation tips:</p> <ul style="list-style-type: none"> <li>Set a quit date in the next 30 days</li> <li>Create smoke-free environments</li> <li>Anticipate, identify and avoid high-risk situations and triggers</li> <li>Obtain social support</li> </ul> <p><b>Recommend pharmacotherapy.</b></p> <p><b>Provide self-help materials</b> (available free from <a href="http://www.steppititems.com">www.steppititems.com</a>) for cessation and reducing secondhand smoke exposure:</p> <ul style="list-style-type: none"> <li>QuitLine brochures</li> <li>ONE step materials</li> </ul>
<b>ARRANGE</b> for follow-up.	<p>Children identified as at risk for progression to smoking based on their parents' or friends' tobacco use or their own attitudes, behaviors, or lack of motivation or confidence <b>require more intensive follow-up planning and need reinforcement of antismoking messages.</b></p> <p><b>If abstinent</b>, continue to offer praise.</p> <p><b>If tobacco use occurs</b>, discuss circumstances leading to use and follow Advise, Assess, Assist and Arrange.</p>	<p><b>Follow up</b> in 1 to 2 weeks with the adolescents who set a quit date, and again at 6 to 8 weeks to discuss progress and/or problems.</p> <p><b>If abstinent</b>, offer praise.</p> <p><b>If tobacco use occurred</b>, discuss circumstances leading to use and follow Advise, Assess, Assist, and Arrange.</p>	<p><b>Follow up</b> within the one week after the quit date and then again within the first month. <b>Monitor for relapse.</b></p> <p><b>Congratulate success.</b></p> <p><b>Continue to offer support</b> for smoke-free homes and cars.</p>