

Other languages
available online:



Helping parents to deal with the topics of tobacco and nicotine



LUNGENLIGA

Dear Parents and Legal Guardians,

Over the past few days your child attended a tobacco and nicotine prevention workshop together with their class teacher.

This varied workshop has a specific concept designed to boost the self-confidence of children and young people by helping them to assess the risks of tobacco and nicotine themselves.

At the workshop they learned that:

- Tobacco and nicotine are legal products that can cause addiction and disease and are available in various forms.
- Nicotine enters the brain within seconds and affects the body's reward system, which causes addiction.
- Tobacco and nicotine products have an extremely negative impact on the environment.

You too have a major influence on whether your child keeps away from smoking and nicotine products. We have put together a few helpful tips for you so that you can give them the best possible support.

If you have any additional questions, please feel free to contact us at schule@lungenliga-ost.ch.

Tips that have proven to be effective:

Be a role model

Do not consume any tobacco or nicotine products.

Talk about the topic

Be open to discussions about alcohol, tobacco and illegal drugs.

You set the rules

No consumption of tobacco or nicotine in your home or in your presence.

Stand by your convictions

You want your child to be and stay smoke-free.

Get support

Ask for outside help if you have any questions or problems (see over-leaf).

Be open

Take your child's opinion seriously.

If you smoke yourself, the following tips will help:

Do not smoke in front of your child

Do not consume tobacco at home or in the car. This also applies to your guests.

Stop smoking

Make a conscious decision and get support (see over-leaf).

Be honest

Tell your child about your own experiences regarding addiction, health effects, costs etc.

Further information

Vapefree

www.vapefree.info

Background and general information about vaping, provided especially for parents, guardians and teachers.

Sucht Schweiz

www.suchtschweiz.ch

Brochures and guides written especially for parents and guardians.

Cool and Clean

www.coolandclean.ch

Background and general information about tobacco.

Feel-ok

www.feel-ok.ch

Information and tips for young people who want to stop smoking and stay smoke-free.

Nikotin-Durchblick

www.lungenliga.ch/nikotin-durchblick

Free online information event about new nicotine products.

Support for stopping smoking

Kantonale Lungenliga

www.lungenliga.ch/kurse-angebote

Stop smoking initiatives in your region.

Stopsmoking

www.stopsmoking.ch

Online platform for help and counselling when stopping smoking.

National Project Management

schule@lungenliga-ost.ch