



Movies influence kids. Make them smoke-free.

The more kids and teens see smoking in movies, the more likely they are to start smoking.

Help make movies smoke free...

Get the facts: Learn which newly released movies are smoke-free by checking "Now Playing" on www.smokefreemovies.ca

Talk it out: Talk to your friends and family about the issue of smoking in movies. Visit www.mediasmarts.ca for tips on how to help kids understand messages that they receive in the media



Set Limits: Be more media aware at home, set parameters on media content your child is watching

Take Action to support making all youth-rated (G, PG, 14A) movies smoke-free: Help make this happen, it takes less than 1 minute!

<http://smokefreemovies.ca/petition/> and the [#RateSmokingR](https://www.change.org/p/rate-smoking-r) petition

For more information, watch & share the following video: [Why Should Movies be Smoke-Free?](#)

This material is provided by Grey Bruce Health Unit.

E-cigarettes: What Parents Need to Know

An **e-cigarette** is a battery-operated device that changes a liquid chemical called e-juice into a vapor that can be inhaled. This is often called **vaping**. E-juice does not contain tobacco. However, most of these products contain nicotine which is the **addictive substance found in cigarettes**, as well as other chemicals. Some of these chemicals are the same ones found in tobacco cigarettes. The health risks from e-cigarette use and the second-hand vapor are mostly unknown, but there is evidence that vaping causes increased coughing and wheezing in youth as well as an increase in asthma symptoms. Youth who do not use tobacco are beginning to experiment with vaping believing that it is safer. E-cigarette use may cause youth to start smoking cigarettes or other substances. Do you want to quit smoking? E-cigarettes are not a proven quit aid. For help with quitting there are many supports available.



For more information, visit the following websites:

publichealthgreybruce.on.ca/Your-Health/Smoke-Free-Living

[\[VIDEO\] What is Vaping?](#)

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Breathe healthy...live happy

A smoke-free environment is important for keeping your children healthy for the following reasons:

- Their lungs are still growing and developing
- They breathe more quickly and as a result take in more of the dangerous chemicals for their size than adults
- Second-hand smoke exposes children to nicotine in the air and may increase their risk of addiction to tobacco products

Children's immune systems are less developed than adults. Therefore, smoking in the home increases a child's risk of getting colds, ear infections, bronchitis, asthma and pneumonia.

Keep your home and car smoke-free.

For more information, visit publichealthgreybruce.on.ca/Your-Health/Smoke-Free-Living

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Is Third-hand Smoke Real?

Third-hand smoke is very real. It is the toxic chemicals from tobacco smoke that are left behind, even after the smoker has put out their cigarette, cigar or pipe. These chemicals get trapped in your hair, skin, fabric, carpet, furniture and toys for days after a cigarette is put out. **It builds up over time, long after the smoke can no longer be seen or smelled.** Unfortunately, opening a window or running a fan/air purifier will **not** get rid of tobacco smoke.

If you smoke, you can protect those close to you by doing the following:

- Keep your home and vehicle smoke-free
- Smoke outdoors, away from entrances or windows
- Wash your hands after smoking
- Wear a jacket or layer of clothing that can be removed after smoking before going into your home

For more information, visit the following websites:

publichealthgreybruce.on.ca/Your-Health/Smoke-Free-Living

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