

TOBACCO-FREE COALITION

of Lancaster County



Fact Sheet 13—Someone very special to me smokes... What should I do?

Remember:

- ◆ You are not to blame if they smoke, or use tobacco
- ◆ You are not responsible if they smoke or use tobacco
- ◆ You are not the cause of why they smoke or use tobacco

It's Okay:

- ◆ To talk about problems
- ◆ To express your feelings openly
- ◆ To tell the truth
- ◆ To have your own opinions
- ◆ To be angry, confused, upset, or sad
- ◆ To talk to someone about your feelings
- ◆ Counselor
- ◆ Teacher
- ◆ Nurse
- ◆ Pastor
- ◆ Youth Minister
- ◆ Grown-up

Important:

You are learning information to help you make the right decision to keep you healthy. You can talk to grown-ups and share the information you learn. But, they need to decide for themselves...