

It's Your Child...



1. **Your child only gets one body, so it is your job to teach him/her how to take care of it the best that they can.**
2. **Trying to say “NO” to things like tobacco and alcohol is often difficult**, especially when your child is under peer pressure to be “cool.”
3. **You need to teach your child to decide what is right for him/her.** Make sure they get ALL of the facts before they jump to a decision.
4. There is evidence that e-cigarettes deliver some toxic stuff of their own such as formaldehyde (a known carcinogen), nitrosamines (linked to cancer) and lead (a neurotoxin).
5. Secondhand e-cigarette vapor according to the Surgeon General has heavy metals and tiny particles that can harm the lungs. The American Lung Association cautions against allowing children to be exposed to secondhand e-cigarette aerosol.
6. **Medications, tobacco, and alcohol are all chemicals** that cause our bodies to react in different ways.
7. Ask your pharmacist about the medications your child takes and what substances might interfere with them and put your child at risk for developing serious side effects.
8. **Talk openly with your child and give him/her time to make the decision that is right.** It may very well change both of your lives.

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