

HOW YOU CAN HELP FRIENDS & FAMILY

Friends and family members of tobacco users can play a key part in helping them quit. Knowing how to talk to your loved ones about quitting, without pushing them away, can be hard. Here's some advice for getting the conversation started.

IF YOU ARE AN EX-SMOKER:

DO let the person quitting know how your life has improved since you quit smoking. Your real-life experiences can help them feel inspired and motivated. Just knowing that you quit yourself will mean a lot to them.

DON'T try to push them to quit the same way you quit. Everyone is different, so what was easy for you may be harder for them. And what was hard for you may be easier for them.

IF YOU HAVE NEVER SMOKED:

DO think of some other big change you have made in your life like losing weight or facing a big fear. That will help you to know how hard it is to quit smoking.

DON'T try to give advice or nag the person quitting to do things differently. Just listen and ask how you can help.

IF YOU ARE A CURRENT SMOKER:

DO smoke only in places that the person quitting can avoid. Try to smoke outside of the house, car, restaurant or workplace. And keep your cigarettes and matches out of sight.

DON'T offer them a cigarette, even if you are only joking! And, ask your friend/family member what you should do if they ask you for a cigarette.

THINGS NOT TO DO:

- Try to scare anyone into quitting.
- Verbally or emotionally punish the person.
- Take it personally if they say no, or react negatively.
- Lose patience or get angry.
- Hide the smoker's cigarettes.
- Say that tobacco use is OK - accepting the person isn't the same as accepting the tobacco use.
- Think of their tobacco use as anything less than an addiction.

THINGS TO DO:

- Be compassionate. Quitting tobacco is harder than you can imagine.
- Begin any talks on quitting gently.
- Talk one-on-one about your concerns for the person's health.
- Tell them that you believe in them.
- Ask friends and family to back up your efforts. Hearing the same message from more than one person really helps.

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