

Ulster/Sullivan Co. Tobacco Control Partners

- **Hudson Valley Student Support Services Center**
Checko Miller- School Policy Coordinator
845-255-4874
<http://cshw.ucboces.org>
- **Tobacco Free Action Coalition of Ulster Co.**
Ellen Reinhard- Director
845-943-6070 ext 1
www.tobaccofreeactioncoalition.org
- **Tri-County Cessation Center**
Terry Miller- Director
845-334-2700 ext 5543

New York State QUITLINE
1-866-697-8487
www.nysmokefree.com



Tobacco Free Schools

Technical assistance and resources for
tobacco policy and student programs from
Hudson Valley
Student Support Services Center
<http://cshw.ucboces.org>

Contact:
Checko Miller
School Policy Coordinator
Ulster & Sullivan counties
175 Rt. 32 N New Paltz, NY 12561
845-255-4874
cmiller@ulsterboces.org



*“Let’s Make
a Deal ”*



A Family Plan to
Clear the Air of
Secondhand
Smoke



From Hudson Valley
Student Support Services Center

Does Someone in Your Family Smoke?

If you are concerned about the health of your family because someone smokes in the home or car, here's a "game plan" that may help you reduce or eliminate exposure to secondhand smoke.

"Let's Make a Deal" can help you encourage family cooperation and communication to "deal" with this important health issue.

ADDITIONAL RESOURCES

HVSSSC pamphlets: *Protect Your Family From Secondhand Smoke. – Know the Facts.*
Helping Friends and Family Get Free of Tobacco.

Web sites: no-smoke.org • ash.org • usalung.org • tobaccofreeair.org • epa.gov/smokefree • simsnoke.org • nysmokefree.com (NYS Quitline has state and local info)

Basic facts: No safe level of exposure to secondhand smoke; Exposure causes many diseases and hinders learning abilities in children; There are 4,000 chemicals in tobacco smoke, many toxins are odorless and invisible; Air pressure pushes smoke past closed doors throughout the entire house; Tar sticks to all surfaces anyone would touch; Cigarettes are #1 cause of fatal house fires.

Seven Steps to a Healthier & Safer Family

1. **Select a calm time** to have a family meeting. Consider saying, "I'm looking for your help to find a way for us to have a healthier and safer home."
2. **Handout information** about the dangers of secondhand smoke. Review together.
3. **Ask everyone** to consider which is more important— Someone's "right to smoke" within the house or car OR someone's "right to health" within the house or car.
4. Suggest making a **family contract**, calling it "Let's Make a Deal."
5. The contract will allow family members to **exchange one favor for another**, such as "I'll keep my room clean in exchange for you keeping the air clean." Or, "I'll wash the outside of the car in exchange for clean air on the inside."
6. Start out with the "deal" on a **short-term basis**, a week or a month, to see how it works.
7. **Evaluate the positive results** with everyone and negotiate any changes needed to extend the "deal," but keep goal of eliminating secondhand smoke in your home/car.

Important Tips

- **Avoid criticism** or negative attitudes. Be clear that it's the smoke you want to get rid of, not the smoker
- **Let mutual understanding** and care guide everyone's ideas and actions
- **Learn the facts** about the dangers of secondhand smoke
- **Make sure that everyone** clearly understands what their role in "the deal" is
- **Write the deal down** on paper and post it as a reminder to all. Consider using a calendar to mark off "successful" days
- **Have** gum, mints, carrots, and/or toothpicks handy as substitutes
- **If the smoker(s) considers quitting**, be supportive any way you can. Provide resource information to both help the smoker quit and to guide family members on how best to be supportive.
- Check out **Additional Resources** listed in the first panel of this pamphlet.