

Talking Points – I Care About Smoke-Free Air

Slide 1: Title/Introduction

Slide 2: Second Hand Smoke

Talking points:

- *Second hand smoke is the smoke that we breathe in when in the presence of someone who is smoking.*
- *Second hand smoke can originate from tobacco cigarettes, e-cigarettes, hookah, or any other device that generates smoke.*
- *Second hand smoke is just as harmful as if you were to smoke the cigarette yourself.*
- *Children are at a significantly higher risk for health complications from secondhand smoke.*

Slide 3: YouTube Video

Slide 4: Third Hand Smoke

Talking points:

- *We often forget that even though the smoke dissipates, the residue from the smoke lingers on our walls, clothes, carpet, and hair.*
- *Simple actions such as hugging someone who just smoked a cigarette or sitting in the same spot as someone who just smoked a cigarette puts us at risk of third*

hand smoke exposure. We can no longer see the smoke but the particles from that cigarette linger on that person and can be transferred to someone else.

- *When smoke dissipates, the particles fall on all surfaces like furniture, clothes, and flooring. As a result, our pets will often lick the residue of the tobacco smoke from floors or furniture. Also, if there are small children in the home, they will crawl and play in the third hand smoke residue.*
- *Although we can't see these particles, they do cause harmful health effects.*

Slide 5: Who does second and third hand smoke harm?

Talking points:

- *Second hand smoke affects everyone who is close enough to breath in the smoke from the smoker's cigarette. If walking down the street you pass by someone smoking and breathe in the cigarette smoke, you have just been exposed to second hand smoke and its effects.*
- *In households where there is at least one smoker, the children and/or other residents are significantly exposed to secondhand smoke.*
- *Even if the smoker within the household decides to not smoke inside, the residue of the smoke lingers on their hair and clothes. The smoke residue is brought back into their home/car/environment where it can contaminate those who are not smokers.*

Slide 6: You have a voice!

Talking Points:

- ***If the smoker has the right to smoke than you have the right to protect yourself from second and third hand smoke exposure.***

- *In a respectful manner, it is advised that you speak up and be a leader within your community by discussing the importance of quitting and supporting a smoke-free community.*

Slide 7: How to be a tobacco advocate

- AAR: ⁵
 - Ask
 - Advise
 - Refer

Speaker talking points:

- *This is the model that many quit lines nationwide follow to help smokers quit.*
- *Other healthcare providers, doctors, pharmacies, schools, etc. also follow up with smokers in this manner to show support and provide accountability.*
- *Understanding and following the AAR Model will be helpful if you encounter someone who is interested in quitting or someone who is at least thinking about quitting.*

Slide 8: Resources

References:

1. "Health Risks Of Secondhand Smoke". *Cancer.org*. N.p., 2016. Web. 16 Aug. 2016.
2. "Second Hand Smoke". *YouTube*. N.p., 2016. Web. 16. Aug. 2016.
3. "Third hand Smoke: What Are the Dangers To Nonsmokers? – Mayo Clinic". *Mayoclinic.org*. N.p., 2016. Web. 16 Aug. 2016.
4. "Third hand Smoke". *YouTube*. N.p., 2016. Web. 16 Aug. 2016.

5. "Ask, Advise, Refer: Promotion Pharmacy-Based Referrals To Tobacco Quit-Lines | Center For Tobacco Control Research And Education". *Tobacco.ucsf.edu*. N.p., 2016. Web. 16 Aug 2016.