

## **Public Service Announcement**

## Pass on something better than tobacco to children

Start Date: January 13, 2017 End Date: January 21, 2017

Nunavut 60 sec

In celebration of National Non-Smoking Week (NNSW) from January 15 to 21, 2016, Nunavummiut are reminded to help young people be tobacco-free.

As role models, parents and caregivers, we can pass on something better, like stories, wisdom, support and security. Let's teach our children traditional values of living healthy and tobacco-free lives.

Smoking is harmful. It makes asthma worse, increases risks of pneumonia and decreases lung function. Smoking affects breathing and makes singing or playing sports more difficult. Cigarettes are addicting, even after a few times using them. The earlier someone starts smoking, the harder it is to quit.

This week in Nunavut, NNSW is asking parents and family members to comply with Nunavut's Tobacco Control Act and not give tobacco to young people under 19 years of age.

To learn more about talking to children and youth about tobacco or for information on becoming tobacco-free, please visit <a href="www.nuquits.ca">www.nuquits.ca</a> or the <a href="Tobacco">Tobacco</a> <a href="Has No Place Here Facebook">Has No Place Here Facebook</a> page.

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