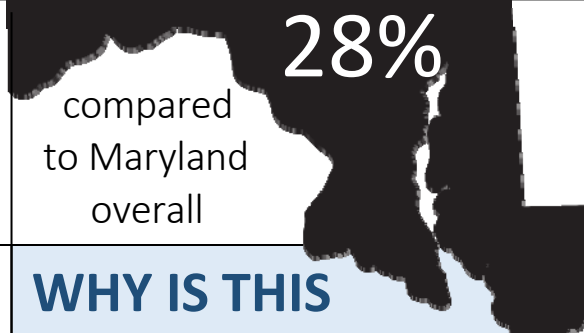


2014 FACTS

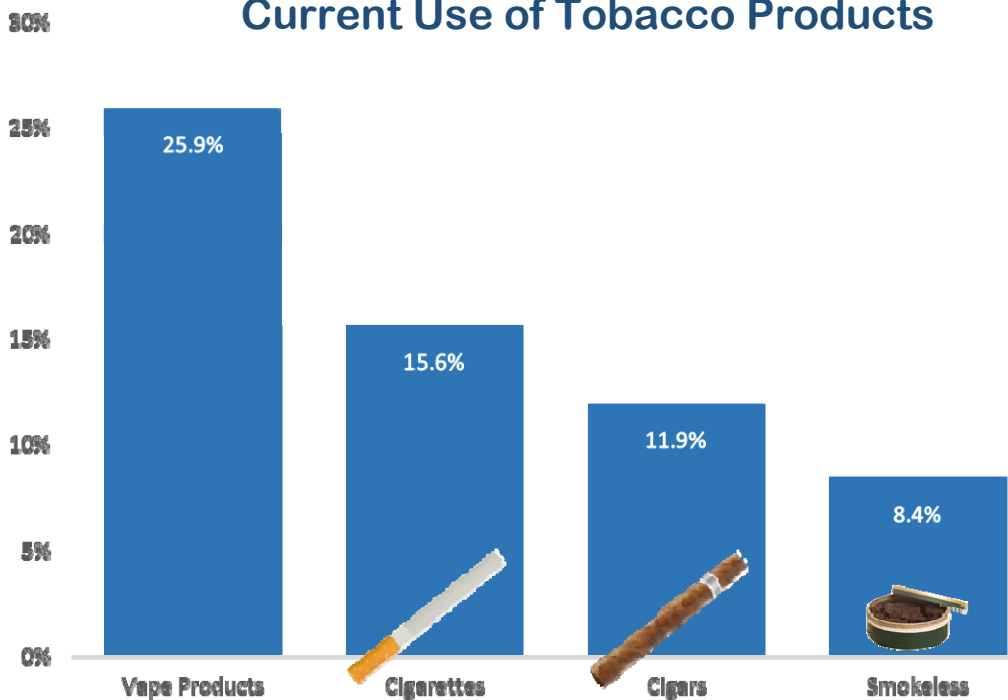
YOUTH RISK BEHAVIOR SURVEY HIGH SCHOOL RESULTS ST. MARY'S COUNTY, MARYLAND

34% of high school students in St. Mary's are currently using tobacco products.



28%
compared to Maryland overall

Current Use of Tobacco Products



WHY IS THIS IMPORTANT?

The use of tobacco products and exposure to second-hand smoke combined represent the number one cause of preventable deaths in the United States. Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Each day, more than 2,500 kids in the United States try their first cigarette and another 580 additional youth become new regular, daily smokers.

42% of students had tried electronic vapor products

15% bought their own cigarettes at a store or gas station



Nearly half of high school students in St. Mary's live with someone who smokes.



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What PARENTS Can Do...

- **Set a good example.** If you smoke, try to quit. Don't smoke in the house, in the car, or in front of your children. Call 1-800-QUIT-NOW for free assistance 24/7.
- **Appeal to your teen's vanity.** Remind your child that smoking can give you bad breath, yellow teeth, and wrinkles.
- **Understand the attraction.** Some teens smoke to feel cool or to fit in with peers. Ask your teen how they feel about smoking or if any of their friends smoke. Applaud their good choices and talk about the consequences of unhealthy choices.
- **Expect peer pressure.** Give your teen the tools they need to refuse tobacco or vaping (e-cigarettes). Rehearse how to handle tough social situations by role playing.
- **Take addiction seriously.** Remind your teen that most adult smokers started as teens. Even relatively low levels of smoking can lead to addiction. Get them help for their addiction. Talk with your primary care physician. Check out www.teen.smokefree.gov for resources to help. Call 1-800-QUIT-NOW anytime.
- **Get involved.** Take an active stance against youth smoking. Take part in community efforts – check out www.HealthyStMarys.com to support local action. If your child has already started smoking, avoid threats and ultimatums. Find out why they are smoking and discuss ways to help them quit.



What the COMMUNITY Can Do...

- **Support efforts to keep tobacco products and e-cigarettes out of the hands of youth.** The St. Mary's County Health Department and the St. Mary's County Sheriff's Office educate tobacco/vape retailers and conduct compliance checks to reinforce the law that retailers cannot sell to minors under the age of 18.
- **The Maryland Tobacco Quitline, 1-800-QUIT-NOW, launched a specialized service for tobacco users aged 13-17 years old.** Confidential calls are scheduled for youth at a time convenient for them, with highly skilled Youth Quit Coaches. This free service includes personalized counseling; discussion of triggers, stressors, peer influence, and relapse prevention; and comprehensive self-paced educational materials mailed to the caller's home, if desired.
- **Support smoke-free environments.** Keep tobacco and vaping products off school grounds and out of public spaces, including parks and recreation areas.

