

Drogförebyggande samordnare, Trollhättans Stad
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www.trollhattan.se/drogforebyggande



For parents

About tobacco



Source: Drug habits in Västra Götaland 2016, CAN

Photo: Misak Nalbandian. Front photo: Ida Edgren

Facts

- Age limit of 18 years.
- Tobacco products may be sold to those aged 18 years or above.
- Tobacco products may not be sold to anyone if there is a suspicion that they will be passed on to a person under the age of 18. This is known as peddling.
- Smoking is prohibited in all premises used for childcare, school activities or any other activities for children and young people.
- The smoking ban also applies to schoolyards or equivalent outdoors areas at preschools and youth centres – 24 hours per day, seven days per week.
- The smoking ban applies to all premises used for healthcare.
- The smoking ban applies to public places, such as theatres and cinemas, trains and buses, shops, cafés and restaurants.



Keep your eyes open

E-cigarettes

E-cigarettes are electronic cigarettes. They consist of a reservoir of fluid that contains various chemicals and flavourings. They usually contain nicotine but not tobacco. Smoking e-cigarettes is referred to as “vaping”. Smoking e-cigarettes is harmful, and this also applies to passive smoking. It is worrying that young people are starting to use this product and there is also a risk that they will go on to smoke tobacco cigarettes.

Water pipe, or Hookah

Water pipes involve the smoking of either flavoured tobacco or a smoke mix consisting of molasses, additives and sweeteners. Molasses contains neither tobacco nor nicotine. Even if it has a milder smell and taste, the smoke contains carbon monoxide and carcinogenic substances just like conventional tobacco smoke. Young people most commonly use a water pipe to smoke tobacco but there is a connection to cannabis.

Parents can often just sense that something is wrong!

The effects of tobacco

Many young people who start smoking or taking snus become addicted and it can be difficult to stop. Nicotine is an addictive substance which is found in tobacco products. Nicotine raises the heart rate and increases blood pressure. Blood circulation and fitness are impaired. Smoking increases the risk of a range of diseases, such as asthma, type 2 diabetes, chronic obstructive pulmonary disease (COPD), cardiovascular diseases and cancer.



As a parent, what can I do?

- Make sure that children and young people cannot get hold of tobacco.
- Your ‘no’ makes a big difference! Even if you smoke or use snus yourself, you can make it clear that children and young people should stay away from tobacco.
- Show that you care by setting clear limits.
- Make sure that your child is not exposed to passive smoking – breathing in other people’s smoke is also harmful to health.