

A Parent's Guide to CREATING A NICOTINE- FREE HOME



SET CLEAR EXPECTATIONS



- **Make a household ban:** Youth in homes with household bans on nicotine use are 54% less likely to use nicotine products. ¹
- This is an effective strategy BEFORE nicotine use starts.

KNOW THE RISKS



- **Stay informed:** When parents better understand the harm of nicotine products, their children are less likely to use them. ²
- Know what products are out there and share accurate information.

ANALYZE MEDIA



- **Call out media tactics:** Youth whose parents limit their social media exposure and help them identify media and marketing tactics are less likely to use nicotine products. ³

BE THE CHANGE



- **Make a quit attempt:** This reduces your child's exposure to nicotine products and models quitting behaviors. ⁴
- The Kentucky Quitline is free to use!



Scan to access the
Kentucky Quitline

Scan to access youth
quit resources



Resources

1. Staff J, Mongilio JM, Maggs JL, Vuolo M, Kelly BC. Household vaping bans and youth e-cigarette use. *Addiction*. 2024;119(1):74-83. doi:10.1111/add.16335
2. Trucco EM, Cristello JV, Sutherland MT. Do Parents Still Matter? The Impact of Parents and Peers on Adolescent Electronic Cigarette Use. *J Adolesc Health*. 2021 Apr;68(4):780-786. doi: 10.1016/j.jadohealth.2020.12.002. Epub 2021 Jan 9. PMID: 33431246; PMCID: PMC8012253.
3. Jeong Choi H, Miller-Day M, Hecht M, Glenn SD, Lyons RE, Greene K. A snapshot of parenting practices useful for preventing adolescent vaping. *Addict Behav Rep*. 2022;15:100418. Published 2022 Mar 1. doi:10.1016/j.abrep.2022.100418
4. Choi, H.J., Miller-Day, M., Hecht, M., Glenn, S.D., Lyons, R.E., & Greene, K. (2022). A snapshot of parenting practices useful for preventing adolescent vaping, *Addictive Behaviors Reports*, Volume 15. <https://doi.org/10.1016/j.abrep.2022.100418>. (<https://www.sciencedirect.com/science/article/pii/S235285322200013X>)