

Tips to Reduce the Prevalence and Use of Smokeless Tobacco Among Youth and Teens

Participate in the Ohio Dental Association's Operation T.A.C.T.I.C program.

Support the ODA and other organizations that oppose advertising and glorification of tobacco and tobacco products.

Support warning labels on all such products.

Support your dentist's anti-tobacco message and efforts.

Support - through local and state legislators - the Tobacco Use Prevention and Cessation Trust Fund, specifically for a portion of its use to further education about the dangers of smokeless tobacco and other products.

Encourage youth to focus on strong role models, including athletes, who endorse a no-use policy of smokeless tobacco.

Stress how much money can be saved by not using tobacco products.

School and community-based anti-use programs have proven successful in lowered incidence and prevalence and higher influence to not use on teens, according to the Center for Disease Control.

Restrict access to minors; create and implement tighter restrictions and penalties. Support businesses that refuse to sell to minors.

Parents, coaches and others with influence need to learn about the perils of smokeless tobacco, and speak informatively to youth. Parents, coaches and others with influence who smoke or use smokeless tobacco will set the best example for youth by quitting.

Talk with youth about ways to refuse without feeling peer pressure.

Explain that the glamorization of tobacco products is a false image.

Ensure that youth activities, whether in-home or in another setting, are tobacco, drug, and alcohol free.

Encourage your school district to adopt a no-use, no-tolerance policy against tobacco, alcohol and drugs. Then support that policy, and insist that coaches and teachers adhere to such policies, even when the star athlete is involved.