

## **Information for teachers on key strategies for reducing exposure of children to second hand smoke**

### **Key learning points**

- It is important that the pupils understand that lots of the chemicals in smoke are invisible and you cannot see or smell them.
- Opening windows is not sufficient because the chemicals still come in the room.
- Smoke clings to materials such as clothes and furniture and can still be harmful for some time after the cigarette has been finished.

### **Key strategies**

- Children can ask parents/carers to smoke outside, right away from the door, ideally with it shut.
- Children can ask parents/carers not to smoke in the car.
- Children can ask that there should never be any exception to this rule and it should be followed even when the children are not at home/in the car.
- Children can ask parents/carers to wear a different coat when smoking outside and change it when they come in.
- Children can ask that parents tell friends and family about the rules.
- Children can suggest that parents stop smoking with the help of the local NHS Stop Smoking Service.