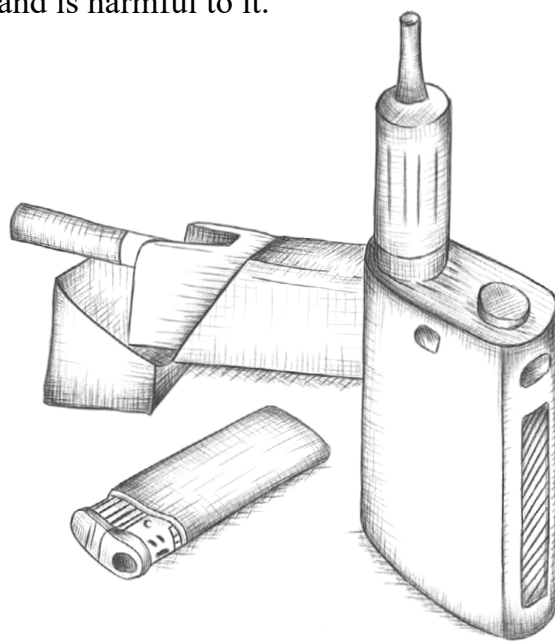


Are you concerned about your teenager's use of tobacco or nicotine products?

This brochure is about tobacco and nicotine products and seeks to provide support when you help your teenager.

Tobacco smoke contains more than 4000 harmful substances, of which some forty are carcinogenic. Passive smoking and party or weekend smoking increases the risk of cardiovascular diseases. Children may suffer infections and asthma from passive smoking, which also increases the risk of sudden infant death syndrome.

The use of dipping tobacco is not as harmful to the body as smoking, but there are still risks when using dip. Dip contains carcinogens and excessive use of dip also increases the risk of type II diabetes. Dip damages the mucous membranes in the mouth, and gum damage is common. Nicotine can be transferred to the foetus and is harmful to it.



Facts

- Nicotine is addictive and is found in tobacco and nicotine products such as cigarettes and dipping tobacco, as well as in e-cigarettes and hookahs.
- Flavoured tobacco or smokeless tobacco consisting of molasses, additives and sweeteners are smoked in hookahs. It can be difficult for young people to know what they actually contain. And even though it smells and tastes milder than ordinary tobacco smoke, it contains carbon monoxide, carcinogenic substances and nicotine. Just like regular tobacco smoke.
- Smoking e-cigarettes is known as vaping. But instead of smoke, e-cigarettes produce steam containing nicotine and other toxic substances and by-products. E-cigarettes are often marketed as less harmful than ordinary cigarettes. But according to the WHO, there is no evidence that this is true.
- White dip does not contain tobacco, only nicotine extracted from tobacco.
- A proposed 18-year age limit may apply from 1 July 2022, also for the purchase of tobacco free nicotine products. Moreover, all forms of smoking are prohibited in school grounds, public playgrounds, outdoor cafés, outdoor arenas, entrances to public buildings and public transport.



Good to know

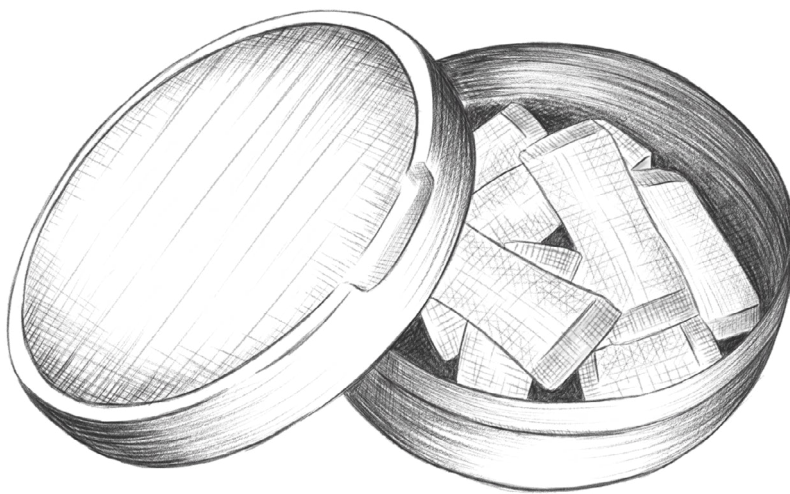
There may be a widespread misunderstanding among young people about how many people actually use tobacco and nicotine products.

They believe many others do, and this may increase the risk of more young people experimenting to fit in, or to be ‘just like everyone else’ by doing the same thing. In the past, it was quite common to start smoking. Nowadays, most young people do not use tobacco.

As a parent, what can I do?

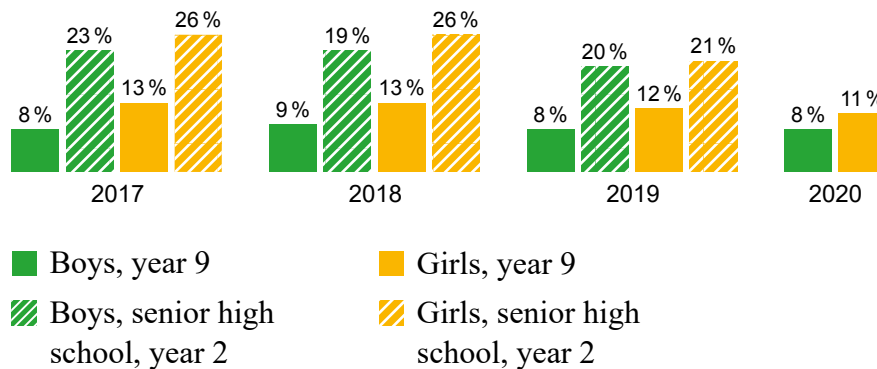
Try to talk about anything and everything in everyday life. This makes talking about more difficult things such as alcohol, drugs and sex more natural. Ask questions and listen. Close relationships mean protection.

- Establish boundaries and clearly show what you expect.
- Trust your feelings. If you feel something is wrong, you're probably right.
- Talk to other parents for support. Agree a set of common rules with the parents of some of your teenager's friends.
- Saying no will make a big difference! Even if you smoke or use dip yourself, make it clear that children and adolescents must remain tobacco-free.
- Make sure your child is not exposed to passive smoking. Inhaling the smoke of others is also harmful.

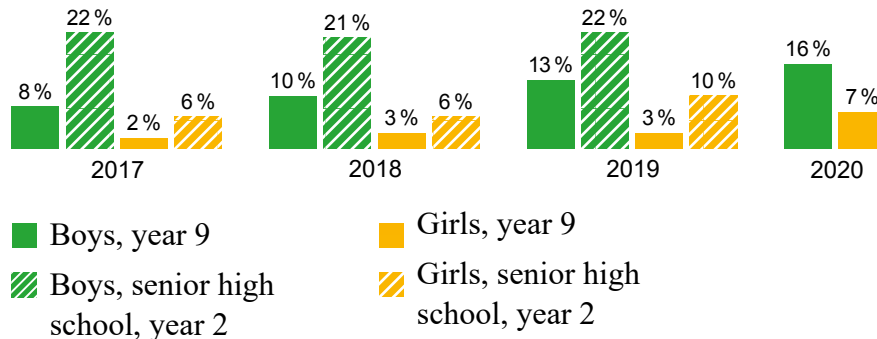


Statistics

The proportion of pupils in year 9 and senior high school who smoke.



The proportion of pupils in year 9 and senior high school who use dip.



School pupil drug habits, CAN 2020

Who should you turn to if you have questions or need help and support?

Contact student health at your child's school, health centre or social services in the municipality.

Further reading:

[Slutarokalinjen.se](https://slutarokalinjen.se)

[Youmo.se](https://youmo.se)