

Parents/Guardians: We want to hear from you!

This link will take you to our Parent Perception Survey

<http://tinyurl.com/polkparent>

DATA

Will be used to identify gaps in resources for parents regarding teaching their kids about Alcohol, Tobacco & Other Drugs (ATOD)

Door Prizes

Those completing the survey will be eligible for a variety of prizes, including a LAPTOP COMPUTER.

*This link will be active until
March 30, 2012*

THIS MESSAGE BROUGHT TO YOU BY:



National Kick Butt's Day

March 21, 2012



A Few Steps to Help Your Children Remain (or become) Tobacco Free:

1. If you don't smoke, don't start
2. If you smoke, share your struggles to quit with your children
3. Maintain a smoke free home
4. Tell your kids you don't want them to smoke and will be disappointed if they do
5. Make sure your kids have the facts they need
6. Emphasize the immediate health effects
7. Emphasize the effects of smoking on physical appearance
8. Destroy the myth that everybody smokes

Remember...what parents say, how they act and the values they communicate through their words and actions have an enormous influence on children; and that applies to tobacco as well.

THIS MESSAGE BROUGHT TO YOU BY:



KICK BUTTS DAY 2012

CAMPAIGN
for
TOBACCO-FREE
Kids®

Stand out. Speak up.
Seize Control Against
Big Tobacco.

03.21.12

KickButtsDay.org

THIS MESSAGE BROUGHT TO YOU BY:

Polk County
PUBLIC HEALTH
218-281-3385

 **Parent
Community
Network**