

# Smokefree lifestyle: Secret of healthy and happy life!

## Did you know?

Basic behaviour patterns regarding smoking are imprinted in pre-school ages!



**Protect children: don't make them breathe your smoke**

Every third pre-school-aged child (kindergartener) lives in passive smoking home environment! According to the data collection of the Global Youth Tobacco Survey 2008- GYTS international research project in Hungary:

- more than half of 13-15 year-old students have tried smoking in their life,
- every fifth of smokers tried smoking (first cigarette) before they are 10 year-old!

Smoking prevention programs should be implemented from the age, when negative effects with a motivation for smoking reach children, and modify their current and future health behaviour.

## What can we do?

Save pre-school aged children from harmful smoke! Till today in Hungary the first and the most notable smoking prevention program for kindergarteners is the Smoking Prevention Program in Kindergartens of the Focal Point for Tobacco Control, National Institute for Health Development (FPTC NIHD). Every kindergarten can participate in this interesting, age specific and gamesome program free of charge. By support of

methods and tools of the program, attitude changing for rejection of smoking and knowledge increasing develop in children. Development of skill of active action against passive smoking in kids is an important aim of the program. According to more researches including the impact assessment supported by the European Regional Office of WHO the program is trully effective!



Do you want to get more interesting information about the program? Does your kindergarten also want to take part in the program? If yes, please click here:

<http://www.dohanyzasvisszaszoritasa.hu>

*Save school-aged children from harmful effects of smoking and passive smoking! Smoking prevetion activities continued in schools are esencial for the sustenance, enlargement and establishment of long-term effects of the program.*

„Smoking is sticky” school program of FPTC NIHD provides effective solution with creative and exciting elements!



The program focuses the attention of participants on the importance of healthy, smoke free lifestyle by a game software, Portable Touch Screen Computer (PTSC) and homepage ([www.cikiacigi.hu](http://www.cikiacigi.hu)) considering interest of children and youth. The PTSC coordinated to schools by the regional and local offices of National Public Health and Medical Officer Service. Text information, games (puzzle, coloring, tig, interactive cartoons, memory games) motivating for smoke free lifestyle or quitting, pictures of harmful effects of smoking, short films and animations are available for children.

Downloadable game software is available free of charge on the FPTC NIHD homepage:

[www.dohanyzasvisszaszoritasa.hu](http://www.dohanyzasvisszaszoritasa.hu)

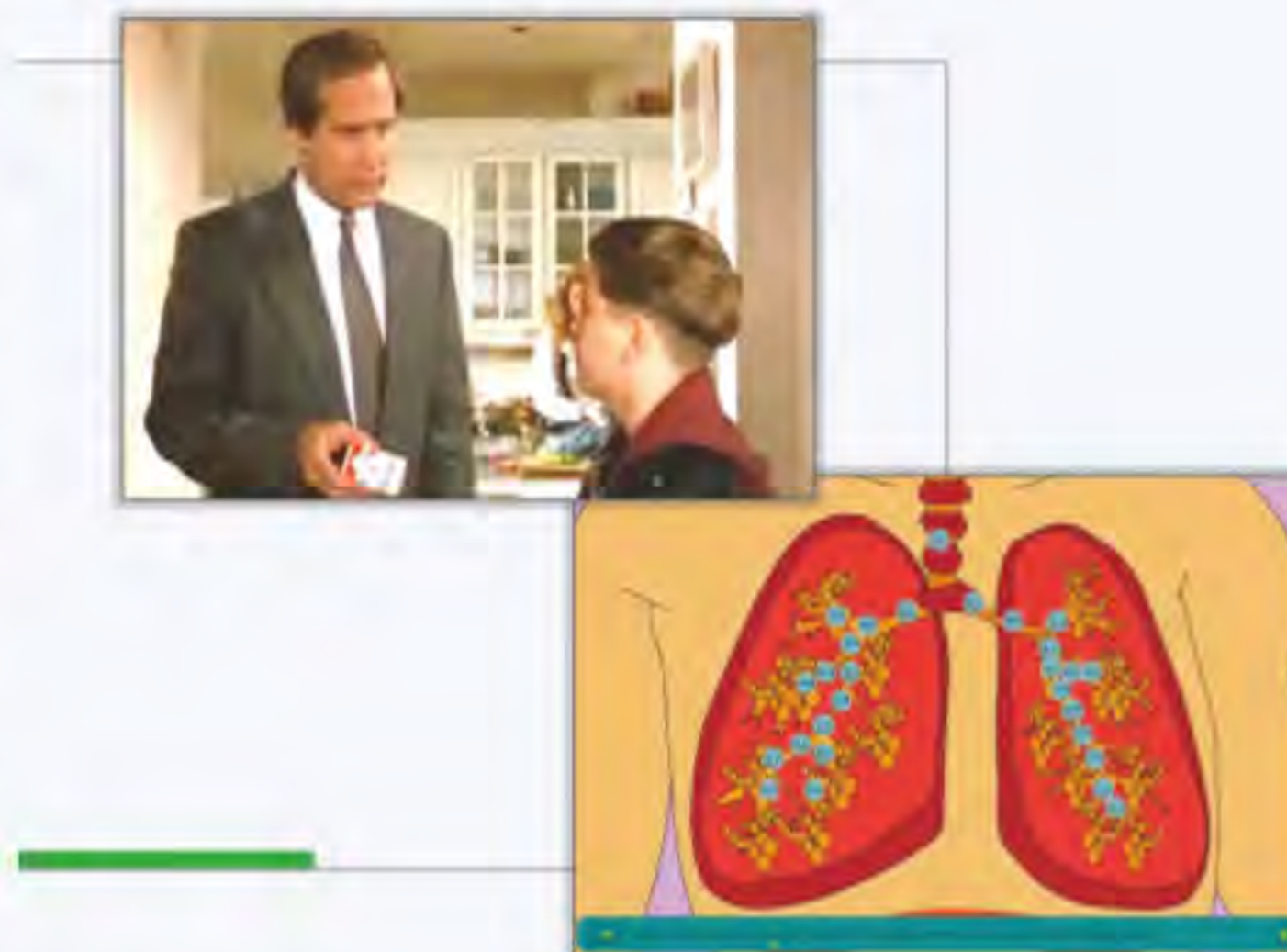


## Is there any smoking prevention education, training program and tool package which could be incorporated into school syllabus?

Yes, FPTC NIHD can also provide solution free of charge! A syllabus and an interactive tool package are available for 3-5. and 6-10. grades. The main topics for processing are: history of smoking, decisions and choices regarding healthy lifestyle, social influence, diseases caused by smoking, harmful effects of passive smoking, addiction, environmental and economic effects, ingredients of cigarette and advantages of non-smoking lifestyle. Package of tools contains an interactive projectable presentation including more than 100 slides with coloured pictures, animations, movie parts. Beside these a text-assistant-book and a lifelike sized, knockdown demonstration puppet presenting diseases caused by smoking are also included to ease the realization of presentation.



The program by exciting tools, uniquely arrests children's attention and develops their attitude against smoking, increases their knowledge about harmful effects of smoking in a playful and easy way.



The program provides excellent opportunity for development of children's healthy lifestyle! Interactive presentation with pictures, animations, film parts is available on the homepage of FPTC NIHD:

<http://www.dohanyzasvisszaszoritasa.hu>

The whole training package is downloadable free of charge for schools with unique username and password from here: <http://reg.oefi.hu>. The puppet is coordinated to schools by the regional offices of National Public Health and Medical Officer Service.

## How can we get back smokefree life for us and for our family?

Smoking not only effects on health of smokers but on people around them! Thus support of people with quitting motivation is also important. On the following "blue number" you can get information regarding availability of quitting support consultation hours: 00 36 40 200 493. Beside this, homepage of FPTC NIHD could provide useful help with advices and professional support for persons with quitting motivation:

<http://www.leteszemacigit.hu>

## How can our work become known and find cooperation?

We are glad to inform you that homepage for tobacco control is completed for this purpose. There is an opportunity to know other's activities, programs, and get information about effective methods and to develop your activity with downloaded programs of partners without registration. Population, NGO's, governmental institutes and professional organizations can upload to the homepage their data and description of activities after registration. This supports the network development of Governmental Organizations and NGO's working on tobacco control and means a democratic and cost-effective communication channel.

If you also work on tobacco control including implementation of global or local activity, please visit our homepage and upload data to the public. The more people upload information about activities and search for cooperation, the more this new initiative becomes effective and useful tool for people working on tobacco control in Hungary:

<http://www.dohanyzasvisszaszoritasa.hu>



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