



Lungs
are for
life!

I, _____, pledge
to do my best to stay vape-free and smoke-free.

Child's signature

Date

Witness

I, _____, pledge
to keep my child free from exposure to second-hand smoke
and vape emissions.

Parent/Guardian's signature

Date

Witness

B R E A T H E
the lung association

Dear Parent or Guardian,

Today, your child learned about healthy lungs and how important it is not to vape or smoke.

Please take a moment to sign the “Free from second and third-hand smoke exposure” pledge with your child and make your home a healthy one.

Post it on your fridge as a reminder to keep your home healthy.

Quick Facts:

- Second-hand smoke is a mixture of the residual smoke that comes from burning tobacco and the smoke exhaled by a smoker. Exposure to second-hand smoke is thought to be more harmful than smoking a cigarette directly.

This is why it is important to make your home smoke-free! Babies and children are especially at risk for developing illnesses related to second-hand smoke because their immune systems are less developed, they have smaller bodies and faster breathing rates than adults.

- What’s coming out of a vape (aerosol) may look different than second-hand smoke from cigarettes, but exposure to second-hand vapour is still unknown. Health Canada warns vape emissions can contain harmful chemicals, including nicotine and other dangerous chemicals. Children are particularly vulnerable because of their developing lungs—and nicotine is always harmful to adolescent brain development.
- Third-hand smoke, which is tobacco smoke contamination that remains behind after a cigarette is extinguished, is another potential health hazard in homes which allow smoking. This toxic residue clings to carpets, furniture, walls, clothing, hair, etc., long after smoking has stopped. Babies, children and pets are especially at risk as they move around on carpets and furniture, and put things in their mouths.