

3

OUTLINE

Tobacco-Free Environments: Second- and Third-Hand Exposure

Knowledge Topic references are located in a separate section of the Baby Steps Help Guide e-resource.

Participant handout references are not included, but are available upon request by contacting the tru@ahs.ca.

Goal	<p>To increase participants' knowledge of the effects of second- and third-hand exposure to tobacco smoke or vapour.</p> <p>To enhance participants' skills in creating and maintaining tobacco-free environments.</p>
Objectives	<p>By the end of the learning session, participants will:</p> <ol style="list-style-type: none"> 1. be able to identify three effects of second- and third-hand exposure on their health 2. be aware of the range of spaces in their environment that need to be tobacco-free 3. be able to demonstrate three strategies to create and maintain tobacco-free environments
Presentation approach	<p>As a one-to-one service provider or a group facilitator, decide how you will share information with, and support reflection by, participants. You may wish to:</p> <ul style="list-style-type: none"> • print and hand out the information sheets • share the information sheets using a laptop, tablet or cell phone • visit the websites and links with participants, and point out where they can find additional information • engage in large or small discussion groups (if in a group setting) • have participants write down what they have learned on the handout sheets provided and/or share their learning verbally
Facilitator/ service provider backgrounders	<p>There is one provider background document, three participant resources and several online resources for you to review to prepare for this topic:</p> <ol style="list-style-type: none"> 1. Approaching Young Families about Tobacco-Free Homes and Vehicles
Participant resources	<ol style="list-style-type: none"> 1. Exposures in Your Home and Vehicle (handout) 2. Being Assertive in Negotiating for Tobacco-Free Spaces (handout) 3. Building My Tobacco-Free Spaces (worksheet)
Additional resources and information	<p>Information for clients can be found in the Tobacco, Vaping and Cannabis area of myhealth.alberta.ca</p> <p>Information for health providers found on ahs.ca:</p> <p>Health Canada resource:</p> <ul style="list-style-type: none"> • Make Your Home and Car Smoke Free downloadable workbook is available at https://www.canada.ca/en/health-canada/services/publications/healthy-living/make-your-home-car-smoke-free.html

3

FACILITATOR BACKGROUNDER

Approaching Families about Tobacco-Free Homes and Vehicles

The Case for Becoming Involved

While knowledge about the dangers of second-hand smoke is at an all-time high, parents and caregivers who use tobacco around the children in their care.

- may not be fully aware of the harm that is done to children exposed to second-hand and third-hand exposure to nicotine and toxins from smoked and smokeless tobacco products or harms from electronic products and water pipes
- may not be aware of or have access to support programs that can help them stop using tobacco
- can still be active partners in ensuring their children have a tobacco-free environment, even if they are not ready to quit

In the long term, supporting people to not use tobacco around children will improve everyone's health. It is important for health-care providers to help provide this support by

- discussing how second- and third-hand smoke exposure can have a serious, even life-threatening impact on children (it may also be helpful to mention that it also affects the health of pets)
- integrating practical strategies to reduce exposures as a harm-reduction approach, and as part of programs you already deliver, like safe-sleep initiatives.
- teaching clients about harm reduction, as part of practical skill development that will be useful in other aspects of your clients' lives



Key Facts about the Second-Hand Effects of Smokeless Products

- Smokeless tobacco use also can produce a second-hand-like effect. Evidence has shown that the concentration of nicotine in residences where smokeless tobacco is used was similar to that of homes where active smoking has occurred.^[1]
- E-cigarettes are also a source of second-hand exposure to nicotine.^[2] Although the exhaled chemicals may be at a lower concentration than conventional tobacco, more research is needed to evaluate the health consequences of second-hand exposure to e-cigarette vapour.^[3]

Key Facts about the Second-Hand Effects of Smokeless Products

There are four recommended principles for practice when working with pregnant and parenting women:^[4]

- Woman-centred: Even when parents know about the health risks of second- and third-hand smoke, they may be reluctant to make their home tobacco-free. Their concern for their children's health may be offset by the view that using tobacco is an individual choice and that their home is their private domain. Help these women consider the benefits for their own health and not just those as mothers.

Principles

1. Woman-centred
2. Harm-reducing
3. Trauma-informed
4. Equity-informed

3

FACILITATOR BACKGROUNDER

Approaching Families about Tobacco-Free Homes and Vehicles

- **Harm-reducing:** Recognize that people who use tobacco perceive benefits to its use. Understanding what they see as the benefits of using tobacco may help you to evoke alternative ways of meeting those needs, and avenues for creating a tobacco-free home. Remember that the client is in control of their pace of change, and they need to be the one who makes decisions and takes action.
- **Trauma-informed:** Offer options and information, as needed, to create a safe physical and emotional environment that promotes trustworthiness, choice, control, collaboration and empowerment. Pay attention to the woman's needs and adjust the pace as required. Collaborate to explore current and future coping strategies.
- **Equity-informed:** Offer options and information, as required, to help people who use tobacco find solutions that are best suited to their situation. Tailor your comments to their experience, readiness and capacity to change. Be prepared to discuss cultural uses of tobacco by Indigenous peoples and how this differs from the risks associated with daily commercial tobacco use.

To further support action on tobacco-free homes and vehicles, follow the 5A's Model:

- **ASK** people what they know about the hazards of using tobacco in the home (e.g., the effects of second- and third-hand smoke)
- **ADVISE** about what it means to make their home tobacco-free (i.e., no smoking, vaping or using smokeless products, in any room or attached garage, by anyone).
- **ASSESS** the client's interest in further information and their desire to reduce harm from tobacco use in her home and vehicle.
- **ASSIST** by providing information. With the client's permission, offer resources and concrete suggestions about steps they can take to make their home tobacco-free.
- **ARRANGE** to have follow-up discussions, provide referrals to supports and offer guidance, as needed.

Talk about exposure to second- and third-hand smoke in a way that is encouraging, not judgmental. Use first-person language, refrain from using labels such as smoker or user. Show parents and caregivers that you are there to support them. Be empathetic.

Approaching New or Expecting Parents

Reminding expecting or new parents of the importance of keeping their homes and vehicles tobacco-free can be effective because

- health-care professionals are seen as credible sources of information
- new or expecting parents are highly motivated to care for their new child and will likely be open to support on how to provide a safe environment for them
- having a tobacco-free home can help new or expecting parents stay tobacco-free if they stop using tobacco during pregnancy



3

FACILITATOR BACKGROUNDER

Approaching Families about Tobacco-Free Homes and Vehicles

It is important to remind all caregivers, and not just the mother, because:

- women who do not use tobacco during their pregnancy may have a partner who does
- it is easier to have tobacco-free homes and vehicles if all caregivers agree that is it important

All health providers who offer care to new or expecting parents can ask about tobacco use and offer cessation or harm reduction support, including:

- Healthy Beginnings staff
- family doctors, obstetricians and pediatricians
- maternity and pediatric nurses
- prenatal educators
- Young Family Wellness
- Canadian Prenatal Nutrition Program workers
- Outreach workers
- Public-health nurses



3

PARTICIPANT WORKSHEET

Building My Tobacco-Free Spaces

If you or anyone else smokes in the house, then everyone is exposed to second-hand tobacco smoke. At least 70 chemicals found in second-hand smoke can cause cancer. About 85% of the smoke from a burning cigarette is not inhaled by the person who is smoking, but instead goes into the surrounding air. Second-hand smoke includes the smoke that is exhaled by the person smoking and the smoke that comes from a smoldering cigarette, cigar or pipe. This second-hand smoke contains twice as much nicotine and tar as the smoke inhaled by the people smoking. It also has five times the amount of carbon monoxide, which is a toxic gas that decreases the amount of oxygen in the blood.

Third-hand smoke refers to the sticky chemical residue and gases that are left behind on surfaces, in homes and in vehicles after tobacco is used. It can stay in the environment for years.

Children are most at risk of the dangers of second- and third-hand smoke in the home. This is because they touch and play on surfaces where third-hand smoke is found (e.g., carpets, tile floors, furniture). Children's lungs are still developing, and they breathe at a quicker rate and take in more air for the size of their body compared to an adult. Because of our wintry weather, Canadian homes are often more tightly insulated. This cuts down on the amount of fresh air coming in. But it also traps poisons in the air, inside the house. As a result, our children are more likely to have contact with second- and third-hand smoke.

Parents should avoid exposing the child to second- and third-hand cannabis smoke as well. See topic two for more information about cannabis, and visit: www.pregnets.org/mothers/SecondHand.aspx

Smokeless tobacco (spit/chew/snuff) can produce a second-hand-like effect. Evidence shows that the amount of nicotine in homes where smokeless tobacco is used is similar to amounts of nicotine found in homes of those where active smoking happens. Nicotine is a powerful and addictive poison that can cause problems with brain development, as well as other health problems.



Electronic smoking products contain at least 10 chemicals that are linked to cancer and birth defects. When an e-cigarette user takes a puff, the liquid is heated and vapour is taken into the person's lungs. Some of the vapour is then exhaled. It is known that e-cigarettes expose others to nicotine and other chemicals found in the e-juice. More research is needed to find out the health effects of second-hand exposure to e-cigarette vapour, especially for children, pregnant women and people with heart conditions.

3

PARTICIPANT WORKSHEET

Building My Tobacco-Free Spaces

Strategies for Reducing All Forms of Exposures

Even a short time breathing tobacco smoke, including second- and third-hand smoke, is harmful to everyone's health, even your pets. Not enough is known about the health effects of exposure to e-cigarette vapour. Until more is known, caution is recommended.

- It is not enough to open a window when you use tobacco or vape, as this does not prevent the chemicals from travelling through the house.
- It is not safe to use these products in another room (including an attached garage) because they share the same furnace with the rest of the house. Your furnace sends these toxins throughout your home even if the door of the room where someone is smoking, vaping or chewing tobacco is closed or the window is open.
- Using tobacco or vaping in your car, even with the windows rolled down, can expose everyone to as much or more toxins as used to be found in smoky bars! In Alberta it is illegal to smoke in your vehicle with a child inside.

Be mindful of tobacco-free locations you and your family can spend time in, such as:

- your home
- your vehicle
- cafés, malls and child-care facilities
- friends' or family members' homes
- public markets, parks and beaches
- sport and community events

What You Can Do

If you, and others who use tobacco or e-cigarettes in any form, are not ready to quit:

1. Use these products outside, and at least 20 steps away from doors and windows to prevent the toxins from drifting back into your home. If you live in multi-unit housing and have limited space on your deck or balcony, then close the doors tightly when using tobacco and wait for the smoke to dissipate before stepping back inside.



2. Avoid holding a baby when wearing clothing you've recently been smoking, chewing tobacco or vaping in. The chemicals from these products stick to your clothing, skin and hair, and your baby will breathe, touch surfaces to their mouth and take toxins in. Instead, wear something that can cover your clothes and hair when you use these products, and that can be removed and left outside before you pick up your baby.
3. Remember to wash your face and hands after using these products.

Making requests of others to be tobacco-free in your home and vehicle may be difficult for women who are planning a pregnancy or who are new mothers, especially if they are living in someone else's home. This sheet contains tips on being assertive, how to make requests and how to negotiate tobacco-free spaces.



3

PARTICIPANT WORKSHEET

Building My Tobacco-Free Spaces

After reading the info sheet about the dangers of tobacco smoke in your environment:

1. List three health effects of second- and third-hand smoke that stand out for you.
2. Share and write down ways that you can make your environment tobacco-free.
3. Share and write down barriers for you to creating a tobacco-free environment.

Strategies for my tobacco-free environment in:

My Home	My Car	OTHER PLACES I GO
Solutions to barriers: 1.	2.	
People I can ask to support me: 1.	2.	

3

PARTICIPANT WORKSHEET

Being Assertive in Negotiating for Tobacco-Free Spaces

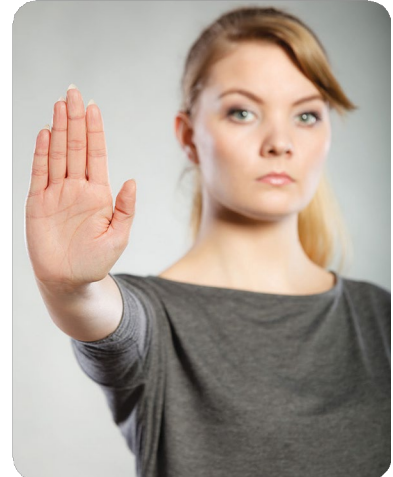
Assertiveness

Assertiveness is behaviour that enables a person to stand up for their rights without violating the rights of others. Assertiveness means respecting your own wishes and the wishes of others. It is a method of communicating opinions, beliefs, feelings and wants in a direct, honest and appropriate way.

Why Choose Assertion?

There are several reasons to be assertive when negotiating for tobacco-free spaces.

1. It is more effective than being timid or aggressive, because it is positive for both parties. With this method of communication, a person is able to give and receive information respectfully, without getting personal or angry, negotiate “win-win” situations, and leave room for compromise when the needs and rights of two people conflict.
2. When someone is assertive, it makes people want to work with them and not against them because they know that they will respect their feelings and be honest with them.



Assertiveness

“I” statements:

Use “I” statements rather than “you” statements to express thoughts, feelings and opinions that reflect ownership (e.g., “I feel...” instead of “You make me feel...”).



Using facts:

Use factual descriptions to give credibility to your request. Information in these participant handouts can be used to discuss with family and friends why smoke-free spaces are important.

Be clear and direct:

Use clear, direct requests when you want others to do something, rather than hinting or presuming.

Making requests or demands:

People who ask tend to get more than people who do not. When making a request or demand, be straightforward, open, direct and concise.

Always respect the other person's right to say no, just as you expect that they will respect yours. If someone does say no, then you may need to increase the power of your message or move into negotiating a solution that will work for both of you.

3

PARTICIPANT WORKSHEET

Being Assertive in Negotiating for Tobacco-Free Spaces

Four Ways to Increase the Power of Your Message

1. Repeat your message. It may take a few times for people to remember that you do not allow tobacco use in your home. You may need to remind them if they start to light a cigarette or use another form of tobacco what the rules of your house are.
2. Change your question to a directive. For example, instead of saying, "I would appreciate it if you don't smoke in my home," try "I do not allow anyone to use tobacco in my home. If you want to smoke, you will need to go outside."
3. Add emotion. Explain how you feel openly and honestly. For example, "It makes me very upset when you smoke around me because I feel that you do not respect my wish to provide a healthier home environment for my family and me."
4. Introduce consequences for actions or non-actions. For example, you could say, "Please understand that you cannot hold the baby unless you change your shirt, wash your hands and face first and agree not to smoke in the house." Whatever consequences you set, you must be prepared to carry them out.



In a Successful Negotiation, Everybody Wins

Be honest, and get your facts right

- You can't negotiate successfully if you are not clear on what you are asking for, or on your facts. Successful negotiation often comes down to having accurate information. Be sure you are ready to talk about the issues with confidence. Be careful not to exaggerate or misrepresent the facts.

Stay on topic

- Limit the discussion to the current topic. Try not to bring in other topics or past disagreements.

Figure out exactly what the problem/issue is

- Figure out where it is that you agree and disagree. This will help you see the main sticking points and help possible agreements come to light.

3

PARTICIPANT WORKSHEET

Being Assertive in Negotiating for Tobacco-Free Spaces

Negotiation

Assertiveness is behaviour that enables a person to stand up for their rights without violating the rights of others.

Explore possible solutions

- Like a brainstorming session, let the ideas flow. This is the time for sharing ideas of what might be possible without judgment or expectations.

See yourself from the other person's point of view

- Put yourself in the other person's shoes. You can agree or disagree with the other person's opinion, but you will do well to first understand it. This way, you will have the advantage in knowing how to present what you see as a fair outcome in terms that the other person will be able to accept and understand, rather than fear.

There are many different spaces in your environment that you can negotiate to be tobacco-free, including:

- *your home*
- *your vehicle*
- *social events that you plan*

Decide on a mutually acceptable solution

- If a person doesn't freely choose a solution that is acceptable to them, chances are they will not follow through with it. Writing down the solution can help sort out future misunderstandings and clarify what you are both agreeing to.

Implement the solution

- As soon as possible after the decision has been agreed upon, and the terms clarified, the solution should be implemented. When writing down the solution, it may be helpful to include a timeframe.

Evaluate the solution and change it, as needed

- Not all solutions are the best the first time around. Often it takes trying a solution to figure out where there is room for improvement. Once you have tried the solution out, sit down with the person again and discuss if there are any ways it can be updated or improved.