



Parents / Spectators

As parents, we know that our influence over our children is limited, especially when they get older. Peer pressure and social networks eventually become more important in their lives. That is why it is very important for young people to have positive role models that consistently reinforce good health practices. It is important for young people to receive the same tobacco-free message at their local sport and recreation activity as they experience at school and in the wider community.

No matter what your role is in sports and recreation, or your tobacco habits, you can play an important role in making our community a healthier place for youth to play, live and be! You can:

- Be a positive role model – Do not use tobacco products while participating in your child's sporting events.
- Support / encourage your sport organization in developing a **tobacco-free policy**
- Make people aware of the new smoke-free **parks and beaches by-law in the City of Timmins** – hand-out **reminder cards**.

See what is happening in the rest of Ontario and find everything you need to make your sport tobacco-free at PlayLiveBeTobaccoFree.ca.



Contact the Porcupine Health Unit
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