

# Pledge for Life! Session 10

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Take the pledge for life with Lola Idad's family. Try to do one or more of these activities by yourself or share with others.

- ☐ Know the dangers of smoking and secondhand smoke.
- ☐ If you smoke, set a quit date.
- ☐ Smoke half the usual daily number of cigarettes.
- ☐ Share the information about secondhand smoke with others.
- ☐ Encourage family and friends to smoke less often or quit.
- ☐ Encourage pregnant women not to smoke and not to inhale secondhand smoke.
- ☐ Talk to your children about the dangers of smoking.
- ☐ Display the smoke-free home sign.
- ☐ Ask your children to make a sign to let others know your home is smoke free.
- ☐ Begin saving the money spent on cigarettes for a special purchase, like a computer or a vacation.
- ☐ Other \_\_\_\_\_