

Tobacco-free conversations

Talk to people you trust



It's a good idea to tell your friends and family that you're quitting tobacco. Talking to them can help you feel supported, understood, and encouraged.

Self reflect

Start by thinking about the reason(s) why you want to stop smoking and how you want to tell others about it.

Educate yourself

Learn about the benefits of stopping smoking and the challenges you might face on your journey.

Share decisions

Choose an appropriate time to talk and be honest and direct about your decision / feelings.

Handle challenges

Practice assertive communication when faced with pressure from others and set boundaries.

Thank others

For the support you receive. Thanking and appreciating others can strengthen relationships.

Communicate needs

Ask for specific types of support such as encouragement, accountability or help avoiding your specific triggers.