



## Children benefit from smoke-free play

***The spaces where children play, learn and socialise should be smoke-free. This creates a healthier, safer environment and means children are less likely to take up smoking themselves when they grow up.***

We know that children who grow up with people smoking around them are more likely to take up smoking themselves. The more time they spend in smoke-free environments, the less normal or expected smoking seems to them, making the choice not to smoke a natural one.

Without the health and financial impact of smoking children and young people can have better life chances.

In the here and now the children in your care are more vulnerable to any concentrations of second-hand smoke, because they breathe faster, their lungs are still developing and they can't move away from smoky environments. Children are also prone to cigarette burns when walking in crowded or restricted spaces with adult smokers present.

The environmental impact of smoking includes fires, which can arise from cigarettes dropped into litter, dry leaves or rubbish bins. Cigarette butts themselves are non-biodegradable and poisonous, posing a threat to children or to wildlife if swallowed.

### What can you do?

Organisations and the Play Sector involved in the lives of children and families have a responsibility to support children to grow up tobacco-free.

**Schools, nurseries and early year's services** can ensure that grounds and collecting areas are smoke-free to help provide a healthy environment for children.

- Display smoke-free signage. Our series of fun images feature friendly, brightly coloured, superhero and cartoon characters. Available to download [here](#).
- Review your tobacco policies and focus on protecting and promoting the health and wellbeing of children, their families and staff.
- Check out [these](#) examples from settings who have already introduced smoke-free zones.
- Recognise and accredit the progress your service is making by supporting [Scotland's Charter for a Tobacco-free Generation](#).

**Parents and carers** can be encouraged to make their homes and cars smoke-free and ask others not to smoke when there are children around.

- The '**Take it right outside!**' campaign has useful resources to help spread the word about the hidden dangers of second-hand smoke in the home.

**Local authorities** can work with local communities to create smoke-free children's spaces such as playparks and family events. Many areas have already created smoke-free play areas through voluntary measures.

**Everyone** can be a positive role model by not smoking around children and speaking with them about the harm caused by tobacco.

For more information, advice or support on creating a tobacco-free culture in your setting contact: [enquiries@ashscotland.org.uk](mailto:enquiries@ashscotland.org.uk)

For more information on play in Scotland contact: [info@playscotland.org](mailto:info@playscotland.org)



ASH Scotland  
Web: [www.ashscotland.org.uk](http://www.ashscotland.org.uk)  
Email: [ashscotland@ashscotland.org.uk](mailto:ashscotland@ashscotland.org.uk)  
SC010412 CN141711

Play Scotland  
[www.playscotland.org](http://www.playscotland.org)  
Email: [info@playscotland.org](mailto:info@playscotland.org)  
SC029167 CN017785