



Family matters

kids! 15 to 18

Butt In

HELP YOUR TEEN STOP SMOKING—NOW

YOU'VE MAINTAINED A NONSMOKING household and pointed out what the close-ups don't show: the wheeze, the cough, and the rotten-smelling breath. Then, you find a pack of cigarettes in your daughter's pocket. What do you do?

Don't panic, counsels Neil Izenberg, MD, author of *How to Raise Non Smoking Kids* (Pocket Books). Your teen probably doesn't really want to smoke—no new smoker ever enjoyed that first drag. Talk to your daughter about how to deal with peer pressure, giving her the tools to deflect it. Practice different scenarios and suggest useful lines she can use, like "I'll get kicked off the soccer team," "It's a waste of money," or "I hate the way it makes me smell." Point out how often her daily routine—and choice of companions—would be dictated by cigarettes.

Teens don't see smoking as a habit, but an activity to do when they're bored or un-

easy, or to make them look more grown up. Weight-conscious girls often start smoking to stave off hunger pangs. Encourage them to get involved in sports—it will boost self-esteem and contribute to a positive body image. An added benefit: Coaches often reinforce the nonsmoking message.

Above all, "Don't bother reciting long-term health risks" advises James D. Sargent, MD, associate professor of pediatrics at Dartmouth Medical School. "A teen can't see that far ahead, and most can't believe they could be addicted." Instead, Dr. Izenberg advises that you remind your teen of the immediate effects of smoking—shortness of breath, bad breath, yellow teeth, and foul-smelling clothes. If all else fails, make her an offer she can't refuse. If she quits, promise to match every dollar she would have spent on cigarettes for a year. —*Andrea Barnett*

DID YOU KNOW?

40%

of a group of 642 teenagers surveyed in Boston this year said they had smoked a bidi, a hand-rolled cigarette that's particularly popular with teens due to its low price and sweet fruit flavors. What most kids don't realize is that bidis can contain **five times the tar** and **three times the nicotine** of conventional cigarettes.

SOURCE: THE NEW YORK TIMES.

FROM TOP: PAMELA ZAREMBA; DAVID HANSLBY.

Tiny Treats

HERE'S A TRIO of trinkets glam enough to please the prickliest teen. **Lotsa Loot** is a pint-size purse complete with key chain, lip gloss, and nail polish. (Fun, \$5; 1-888-FUN-9250) **Chill Essentials** stores colorful bobby pins in a slim silver case. (MiMCo, \$10; 1-800-400-0692) The mini **Photolocket** fits into a cool case that doubles as a necklace. (Traffic Works, Inc., \$3.25; 323-582-0616)

