



## The Smoke-Free Zone Pledge

*"There is no risk-free level of exposure to secondhand smoke." U.S. Surgeon General*

Approximately 50-75 percent of children in the United States have detectable levels of cotinine in them, a sign that they have nicotine (a primary ingredient in cigarettes) in their bodies, according to the U.S. Environmental Protection Agency (EPA). Children who do not smoke and live in smoke-free homes can still be exposed to the dangers of nicotine through secondhand smoke. According to the Centers for Disease Control and Prevention, secondhand smoke is associated with an estimated 8,000–26,000 new asthma cases in children each year. In addition, secondhand smoke exposure is responsible for an annual estimated 150,000–300,000 new cases of bronchitis and pneumonia in children aged less than 18 months.

Because I know that tobacco smoke is very harmful and keeping smoke away from children can help them to be healthier, I pledge **to protect youth by keeping a smoke-free zone around them at all times**, whether inside or outside, in the home or in the car. This pledge is my promise to their future.

---Please sign and either email to [cnewberry@cssu.org](mailto:cnewberry@cssu.org) or mail to the address below---

### SMOKE-FREE ZONE PLEDGE

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

E-mail address \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ I would like more information  
About CY Programs/Activities

Town \_\_\_\_\_

**Return this pledge and be entered in a drawing to win cool CY prizes!**

## Connecting Youth in Chittenden South

[www.seewhy.info](http://www.seewhy.info)

5420 Shelburne Rd, Ste 300 Shelburne, VT 05482

*Promoting a culture that develops in our youth the power  
and conviction to make healthy choices.*