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5-STEP GUIDE BOOK

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5-STEP GUIDE BOOK + MORE

The *Some Things Are Better Outside* kit has great tools to help you create a Smoke-free Home. In addition to information about the dangers of smoking inside your house or apartment, the kit includes an informative 5-step guide to make the transition easier and a booklet with ten common challenges and solutions. [**REVIEW THE 5-STEPS!**](#)

Five step guide to a Smoke-Free Home booklet:

This booklet includes steps, tips and strategies for planning, making, and keeping a smoke-free home.



Reasons to Have a Smoke-Free Home:

This provides a list of reasons to have a smoke-free home rule.

REASONS TO HAVE A SMOKE-FREE HOME

Smoke-free homes are better for **children**. They help to:

- ✔ Prevent passively inhaled second-hand smoke, which can make them sick
- ✔ Keep children from getting asthma
- ✔ Eliminate the risk of leukemia and ear infections
- ✔ Keep children from getting bad and missing school
- ✔ Get a good example that teaches them the importance of not starting to smoke

Smoke-free homes are better for **non-smokers**. They:

- ✔ Reduce their risk of getting head cancer
- ✔ Keep the air from being so full of smoke and odor
- ✔ Reduce their risk of getting cancer
- ✔ Keep them away from all kinds of toxic air-borne pollutants

Smoke-free homes are better for **investors**. They can:

- ✔ Sell and rent faster
- ✔ Have a lower risk of getting sick
- ✔ Make their own homes the healthiest in the neighborhood

Smoke-free homes are better for **everyone**. They:

- ✔ Save money
- ✔ Are easier to clean
- ✔ Keep people from getting sick
- ✔ Keep people from getting bad
- ✔ Are easier to rent or sell
- ✔ Are less likely to have a fire
- ✔ Are healthier for you!