

HELPING TEENS PREVENT CANCER

A RESOURCE FOR PARENTS

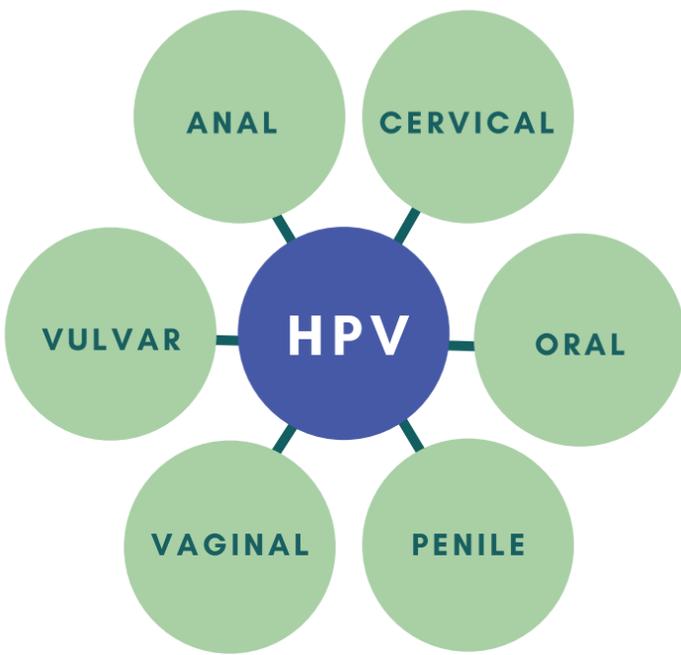


GET THE FACTS ON E-CIGS & ALL TOBACCO PRODUCTS

Encourage an open dialogue about tobacco products and do your best to avoid criticism and lectures. Set a positive example by being tobacco free.

ENCOURAGE PHYSICAL ACTIVITY & EATING WELL

Be active with your kids, encourage after-school activities and try out new, healthy recipes with your family!



DON'T WAIT, VACCINATE

HPV infection has no cure, but the vaccine can help protect your child from 6 types of HPV-related cancers. HPV vaccination can be initiated as early as 9 years old. Teens and young adults who begin the vaccine series later, at ages 15 through 26, should receive three doses of the vaccine.

TALK ABOUT YOUR FAMILY HISTORY

Collect your family's cancer history and share with your children, as well as your child's healthcare provider.



PROTECT SKIN FROM THE SUN

Encourage at least SPF 30 sunscreen on all parts of the body – don't forget lips, ears, hands, feet, and back of neck. Discourage any forms of intentional tanning.



Cancer Happens®

is a nationwide cancer prevention program. Bring this program to your school or community!

Looking for more information?

View our Additional Resources page

To learn more, contact us: info@cancerpathways.org