



Tobacco Free Ireland Personal Charter

I am committed to supporting the vision of a Tobacco Free Ireland where we reduce the numbers of people who smoke/use tobacco to less than 5% of the population; where everyone can breathe clean air and enjoy better health.

I will support, advocate and ensure the Tobacco Free Ireland message is shared, understood and brought to life throughout society. I would like to contribute to a national movement that will help achieve a Tobacco Free Ireland.

I realise that I have a great responsibility, not only towards my family but also to my colleagues and to the general public and, in particular, towards the next generation.

I agree to discourage tobacco use of any kind:

- *by presenting myself as a good role model; by not smoking or using tobacco*
- *by promoting tobacco free outdoor spaces to help provide an environment where it is easier for those who smoke to quit and stay quit and to help de-normalise adult smoking for the next generation*
- *by increasing my understanding of tobacco addiction and using every opportunity to motivate tobacco users to quit*
- *by promoting and supporting tobacco cessation in my work and social life*
- *by helping to prevent the uptake of tobacco by young people*

Signed

Date

TFI Programme

