

How to Ask Someone to Stop Smoking Around You

Smoking is a behavior that physically affects the health of the smoker - and anyone around them! As with any other PMHS policy, it is your responsibility to remind people about Pittsburgh Mercy Health System Tobacco and smoking Policy.

If you are wondering how you should approach a person to talk about their smoking behavior, here are some suggestions:

Be polite and non-confrontational.

An argument will not accomplish anything. Do not raise your voice and do not sound angry.

Be respectful and non-judgmental.

You are talking to another person - who like you, is experiencing thoughts and feelings about a variety of things. Think about how you would like to be treated if you were that person. Do not be judgmental. You don't know why the person smokes and it is not a reflection on their character. Focus on the behavior and how it affects you. Be calm and state your concern directly.

Say "Are you aware that Pittsburgh Mercy Health System Smokefree Policy does not permit smoking on this property? Would you please follow the policy by moving off the grounds? Thank you." Then walk away.

Do not get involved in further discussion if the person does not respond politely. You should remain polite and be considerate if you want your message to be heard. And your message will be heard - and maybe you won't have to ask that person again. If the individual is non-compliant and becomes disrespectful and displays inappropriate behavior through choice of language, tone or actions, security (where present) should be alerted, and/or site administration.

You Need to Understand...

- Nicotine is a highly addictive substance and it is hard to quit smoking. But only the smoker can decide if they are ready to quit smoking. You can't do it for them.
- Quitting smoking is not just about "stopping" smoking. For someone who smokes, it also means changing how you think and feel about smoking. Quitting is a process.
- Your sincere support can help someone you care about who is trying to quit smoking. Information is available on how you can help. You can become more informed about what does work for successful smoking cessation - and what doesn't work.
- The Tobacco Free Facilities and Grounds Policy intends to respect both non-smokers and smokers and to offer support to people who want to quit or suspend smoking. A healthy and safe environment benefits everyone.