

me and the emergency inhaler, that you are only supposed to use a few times a week at max, I used multiple times a day. From elementary school to graduation I was constantly pumping my body full of asthma steroids just to find a few moments of relief that my lungs so desperately craved. Just before I turned 19 I moved out and rarely went back to the house to visit because I couldn't stay longer than five minutes before I felt an attack coming on. When my daughter was born I told him that if he wanted to see his grandchild at his place that he would need to stop smoking inside. He was always welcomed to my home but never came because he knew he wasn't allowed to smoke in the house. My reasoning was because I knew my kin had a higher chance of becoming an asthmatic and I wanted so desperately to spare her of the pain that I had to go through. His response was "I'm not taking demands from you." That was the end of our relationship. Smoking was more important to him than his daughter and granddaughter's health. Smoking in homes and vehicles with children under the age of 18 should be illegal and monitored. There are so many activists out there that say it's the child's choice to do something (an example being people against abortions because they say it's impinging on that person's human rights) but when it comes down to it, do they really have any rights? It isn't our choice to sit in a small confinement and breathe in the second hand smoke which is found to be more harmful than smoking the cigarette ourselves. If we truly have the choice, than a four-year-old should be able to tell the adult to not smoke in the vehicle or home. But of course that isn't how things work. According to the World Health Organization, every year at least 600,000 people die from second hand smoke. I'm honestly surprised

I wasn't one of them. A new sector of government should be created to monitor every home in the country to keep young people safe from the effects of smoking. Twice a month someone from that sector should be going to every house and testing for cigarette smoke inside the homes and vehicles. This can include an actual home visit and/or having a specialized monitor installed into the home (one that can't be tampered with). If the monitor detects cigarette smoke it will go off and let the new sector of government who is handling these new legislations know about the smoke inside of the home. Once cigarette smoke settles it's hard to fully clean that smell out of fabrics and to wash off of walls. Every time I did a quick visit and left, as soon as I got home I had to wash my clothes immediately and shower because the smell burned my lungs and lingered on my clothes. I even Febrezed my car every single time. If you violate this law then punishment should follow, whether it be a fine or for repeat offenders who just don't care to the possibility of having the children taken away. In 2009 British Columbia made it illegal to smoke in a vehicle with minors and if caught, you would receive a \$109 fine. This fine needs to be tripled at least and there needs to be new legislation that includes stopping smoking inside of homes as well as more thorough and careful monitoring.

I wish my step-father took my health, and his granddaughter's health more seriously and at least smoked outside. If the government is reporting that second hand smoke amongst minors under the age of eighteen is one of the highest causes of death, then they need to step up their game and implement new rules and regulations regarding smoking inside of homes and vehicles. The government should be looking at Bhutan and Uruguay, two out of five countries with the



strictest smoking laws, for guidance and support. Children deserve the right to not have to be near such horrendous smells and conditions and should have the right to say so. Smoking inside of homes and vehicles needs to be banned to save more people from dying of second-hand smoke.

Works Cited

"WHO global report on trends in tobacco smoking 2000-2025 - First edition." World Health Organization, <http://www.who.int/tobacco/publications/surveillance/reportontrendstobaccosmoking/en/>

"B.C. sets \$109 fine for smoking in cars with kids present." CBC News, CBC/Radio-Canada, 18 Mar 2009, <https://www.cbc.ca/news/canada/british-columbia/b-c-sets-109-fine-for-smoking-in-cars-with-kids-present-1.838560>