

South Berwick Tobacco-Free Recreation Areas FACT SHEET

What? Community members in South Berwick are interested in having the Town Council pass a Tobacco-Free Community Recreation Resolution. This resolution would ask that there be no use of tobacco products in town-owned areas that are used for recreation, such as parks, athletic fields, playgrounds, and walking trails.

The resolution in South Berwick will accomplish the following goals:

- **Eliminate exposure to secondhand smoke.** Second hand smoke contains over 4,000 toxins, is a known cancer causing agent, and even short term exposure has been shown to contribute to heart attack.
- **Promote a non-smoking norm at recreation facilities and playgrounds.** The environment in which we live plays a critical role in supporting healthy behaviors. Tobacco use by adults at recreation facilities is inconsistent with the healthy, safe, recreational activities that parks and recreation areas in South Berwick are working to promote.
- **Support positive role-modeling for young people in all community recreation settings.** Adults and older youth are some of the most influential people in a child's life. This resolution will create an environment where adults and older youth model a healthy, tobacco-free lifestyle that younger children want to emulate.
- **Provide a consistent message to youth** – There is no smoking allowed on school property or in indoor public places or workplaces in Maine. Why not make town-owned areas where kids come to engage in healthy physical activities and sports, tobacco-free in our South Berwick community? If smoking is banned in Fenway Park and many other sports arenas, why not at South Berwick parks and fields? The idea of tobacco-free recreation is not new; in fact it is increasingly being adopted across Maine and the country.
- **Reduce cigarette litter.** This litter is ugly. We pay to clean up cigarette butts that are improperly disposed of on town owned property.

Where? This resolution would be in effect at all town owned athletic fields, playgrounds, and parks in South Berwick.

Including: Agamenticus Fields, Teen Center, Powder House Hill, Shoe Town Playground and the tennis courts, Counting House Park

Who? All Community members in South Berwick, who are interested in supporting this policy, should contact Sarah Sullivan at 439-2037 ssullivan@yorkhospital.com Please pass this information on to your South Berwick friends and neighbors who would be interested.