

WITH EACH BREATH: STOPPING TEENAGE SMOKING



Startling Statistics

- 3000 New teenage smokers per day
- 4.5 million teenage smokers in the United States.
- People with poor grades, low self esteem most likely to use tobacco
- 1200 Americans die PER DAY from smoking..... 1/3 of smokers *will die* from complications of smoking.

What smoking does to you

- Cancer
- COPD, emphysema
- High blood pressure
- Addicted
- Decreased stamina
- Bad breath
- Yellowing of teeth and fingertips
- Lose bone density
- Fertility issues
- Wrinkles



Did you know??

Cigarettes contain over 4000 chemicals including:

- Nicotine: a deadly poison
- Arsenic: used in rat poison
- Methane: a component of rocket fuel
- Ammonia: found in floor cleaner
- Cadmium: used in batteries
- Carbon Monoxide: part of car exhaust
- Formaldehyde: used to preserve body tissue
- Butane: lighter fluid
- Hydrogen Cyanide: poison used in gas chambers

Carbon Monoxide
Gas from car exhausts

Tar
Road surfaces

Nicotine
Pesticide

Butane
Lighter fuel

Acetone
Nail Varnish Remover

Ammonia
Cleaning products

Arsenic
Rat poison

Methanol
Rocket Fuel



Hydrogen Cyanide
Poison used on death row

Formaldehyde
Used to pickle dead bodies

Radon
Radioactive gas

Cadmium
Batteries

Did you know??

- Smoking makes you smell bad, gives you wrinkles and yellows teeth
- Smokers get 3X more cavities than non smokers
- Lowers your hormone levels
- More likely to catch a cold
- Smaller lungs and weaker heart than non smokers

Beware: The next slide is stark reality of the effects of long-term smoking

**SAMPLE REPRESENTATION - FOR REFERENCE ONLY
WARNINGS FOR SMOKED TOBACCO PRODUCTS 2006**



WARNING:
SMOKING CAUSES GANGRENE
QUIT: 1800-438-2000



WARNING:
SMOKING INCREASES MISCARRIAGE
RISK
QUIT 1800-438-2000



WARNING:
SMOKING CAUSES
92% OF ORAL CANCERS
QUIT: 1800-438-2000



WARNING:
SMOKING CAUSES
NECK CANCER
QUIT 1800-438-2000



WARNING:
SMOKING CAUSES MOUTH DISEASES
QUIT: 1800-438-2000



WARNING:
SMOKING CAUSES
92% OF ORAL CANCERS
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Why would you smoke??

- Those prone to poor grades and lower self esteem more likely to smoke.
- Peer Pressure
- Think they won't become addicted
- Think it helps lose weight
- Think it relieves stress
- Rebellious
- “Looks cool”



Myth Busters

- Friends don't let friends smoke. 1 of 3 smokers will die from complications of smoking. Look at 3 of your smoking friends... Do you want to say goodbye to one?
- Nicotine is more addictive than cocaine or heroin... even if you only smoke 1-2 cigarettes per day you are at risk.
- Does not make you lose weight. Exercise and eating are the controller of weight.
- Causes stress. Expensive. Society is not tolerant.
- Dying doesn't look cool

Healthy choices

- Never, Never use tobacco products
- Less likely to develop other addictions
- Exercise instead
- Live healthier, longer life
- Don't let a substance control you
- Save money\$\$\$\$\$\$

Remember

- You only have one set of lungs.
- You are not invincible
- You not only hurt yourself, but those who love you too.
- When you make your own decisions you take responsibility of deciding your own future. If you make good decisions, you are going to have a better future than if you make bad decisions. You are what you choose to be, so choose wisely!!