

TIPS for TEENS

TOBACCO USE

THE TRUTH ABOUT TOBACCO USE

SLANG FOR CIGARETTES:
SMOKES/CIGS/BUTTS

SLANG FOR SMOKELESS TOBACCO:
CHEW/DIP/SPIT TOBACCO/SNUFF

GET THE FACTS

TOBACCO USE DAMAGES YOUR HEALTH. Smoking, which is the most common cause of lung cancer, is also a leading cause of cancer of the mouth, throat, bladder, pancreas, and kidneys.¹

TOBACCO USE AFFECTS YOUR BODY'S DEVELOPMENT. Smoking—including vaping, cigars, and hookah use—is particularly harmful for teens because your body is still growing and changing. Evidence shows that smoking has an impact on nearly every organ in a person's body.²

TOBACCO CONTAINS ADDICTIVE INGREDIENTS. Tobacco is a plant grown for its leaves, which are dried and fermented to put in tobacco products. It contains nicotine, an ingredient that can lead to addiction. The younger you are when you begin to smoke, the more likely you are to become addicted to nicotine.³ According to the 2014 *Surgeon General's Report*, nearly 9 out of 10 adult smokers first tried smoking before age 18.⁴

TOBACCO USE CAN KILL YOU. Cigarette smoking is responsible for about 480,000 deaths per year in the U.S.⁵ Worldwide, tobacco smoking and secondhand smoke combined cause nearly 7 million deaths per year.⁶

? Q&A

Q. ISN'T SMOKING COOL?

A. Advertisements often portray smoking as glamorous and sophisticated, but these ads are created to sell products and use youth-oriented themes.

Q. IS SMOKELESS TOBACCO SAFE?

A. NO. No form of smokeless tobacco is safe. It contains at least 30 chemicals that are known to cause cancer.⁷

Q. DO MOST TEENS SMOKE?

A. NO. Although the majority of teens don't smoke,⁸ it's important to remember that cigarette use among teens is still harmful and should be prevented from becoming more popular.

Q. DOESN'T SMOKING HELP YOU RELAX?

A. NO. Use strategies such as exercise or talking to your friends to help calm your nerves.⁹

THE BOTTOM LINE:

Tobacco use is dangerous and can be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT TOBACCO, CONTACT:

SAMHSA

1-877-SAMHSA-7 (1-877-726-4727)

(English and Español)

TTY 1-800-487-4889

www.samhsa.gov

store.samhsa.gov

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