



BEFORE YOU RISK IT!

- 1 KNOW THE LAW.** It is illegal for anyone under 18 to buy cigarettes, smokeless tobacco, or tobacco-related products. As of September 2018, six states and at least 350 localities have raised the minimum age to 21.
- 2 STAY INFORMED.** Young people often underestimate the addictiveness of nicotine and the effect of tobacco use on their health. This is why quitting can be difficult. A recent report revealed that about 45 percent of high school cigarette smokers tried to stop smoking in the past 12 months.¹⁰
- 3 BE AWARE.** It can be hard to play sports if you use tobacco. Smoking causes diseases that result in shortness of breath and dizziness.¹¹
- 4 THINK OF OTHERS.** More than 41,000 nonsmokers die every year due to secondhand smoke exposure.¹² Secondhand smoke causes nearly 34,000 premature deaths from heart disease and more than 8,000 deaths from stroke each year in the United States among nonsmokers.¹³
- 5 GET THE FACTS.** Each day, about 1,700 people between the ages of 12 and 17 start smoking.¹⁴ Many will suffer long-term health consequences.¹⁵

MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS

"TIPS for TEENS,"

visit store.samhsa.gov or call 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).



KNOW THE SIGNS

How can you tell if a friend is using tobacco? Symptoms of tobacco use may include:¹⁶

- Coughing
- Bad breath
- Smelly hair and clothes
- Yellow-stained teeth and fingers
- Frequent colds
- Bleeding gums (smokeless tobacco)
- Frequent mouth sores (smokeless tobacco)



WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING TOBACCO?

BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and treatment referrals in English and Español, call SAMHSA's National Helpline at:

1-800-662-HELP (1-800-662-4357) or visit the SAMHSA Behavioral Health Treatment Services Locator at: findtreatment.samhsa.gov

¹National Cancer Institute. (2017). Harms of Cigarette Smoking and Health Benefits of Quitting. Retrieved from <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cessation-fact-sheet>

^{2,4,5,12,13,15} U.S. Department of Health and Human Services. (2014). *The health consequences of smoking: 50 years of progress. A report of the surgeon general.* Retrieved from <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/full-report.pdf>

³ American Cancer Society. (2015). Why People Start Smoking and Why It's Hard to Stop. Retrieved from <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/why-people-start-using-tobacco.html>

⁶ World Health Organization. (2011). WHO Report on the Global Tobacco Epidemic. Retrieved from http://www.who.int/tobacco/global_report/2011/en/

⁷ American Cancer Society. (2015). Health Risks of Smokeless Tobacco. Retrieved from <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/smokeless-tobacco.html>

^{8,14} Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health* (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFRR2017/NSDUHFRR2017.pdf>

⁹ Smokefree.gov. (2017). Stress and Smoking. Retrieved from <https://smokefree.gov/challenges-when-quitting/stress-mood/stress-smoking>

¹⁰ Centers for Disease Control and Prevention. (2016). Youth Risk Behavior Surveillance—United States, 2015. *Morbidity and Mortality Weekly Report*, 66(SS-6):1-174. Retrieved from https://www.cdc.gov/healthyyouth/data/yrebs/pdf/2015/ss6506_updated.pdf

¹¹ American Lung Association. (2016). Shortness of Breath Symptoms, Causes and Risk Factors. Retrieved from <http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/shortness-of-breath/shortness-breath-symptoms-risks.html>

¹⁵ Centers for Disease Control and Prevention. (2009). What You(th) Should Know About Tobacco. Retrieved from https://www.cdc.gov/tobacco/basic_information/youth/information-sheet/index.html