
What young people think about smoking and the facts

What you think

The truth

Smoking helps me chill out

Cigarettes don't make you relax, Nicotine is a stimulant. It actually speeds up your bodily functions.

Smoking is sexy

Kissing someone with a mouth like an ashtray isn't sexy. Lung Cancer isn't sexy.

Smoking Keeps me skinny

Cigarettes don't keep your body weight down and they can even cause cellulite!! Some people replace cigarettes with food when they give up and may therefore put on a few pounds.

I can smoke if I want to

Smoking isn't about being independent. Its addictive, and being an addict makes you more dependant than independent.

Saying no

You DON'T have to justify your decision not to smoke to anyone. Real friends will respect your right to make up your own mind.

Did you know?

- One person dies from a smoking-related disease every four minutes in Britain.
- Around 1/2 of the teenagers who carry on smoking will eventually be killed by tobacco. Half of these will die in middle age between 35 - 69.

Younger children are more likely to try smoking if they have seen their brothers or sisters doing it.

So be a positive role model and influence on your family - **DON'T SMOKE!!**

Further advice and support

You are not alone; there are a number of ways you can get support to stop smoking you can contact:

- Your local GP
or
- You can contact the NHS stop smoking helpline which is free on **0800 169 0169**.
- You can also look for further information on the internet www.giveupsmoking.co.uk

Smoking - the facts

European Health and Safety Week

23-27 October 2006

This year European Health and Safety week is based on young people; this leaflet is designed to make you more aware of the facts of smoking and how it can damage your health.

Smoking - the facts...

Tobacco smoke contains over 4000 chemicals. Below are some of the chemicals which are found in cigarettes; see how they can effect you.

Acetone - Used as a solvent such as nail varnish remover

Ammonia - A caustic agent used in fertilisers, dry cleaning fluids and bathroom cleaners. It is added to cigarettes to add flavour... mmm tasty! It can also make people more susceptible to viral illness and aggravate chronic respiratory conditions.

Tar - When you smoke a cigarette, smoke is breathed in and deposits tar in the lungs - the tar also contains most of the other chemicals and transports them around your body. Tar is a brown treacle that paralyses the cilia (small hairs that clean the lungs). A one pack a day smoker pours about 8 ounces / 1 cup of tar per day in to their lungs, 365 cups each year!

Nicotine - This is the chemical that makes the cigarette addictive. When you take a drag the nicotine is absorbed into blood, seven seconds later it reaches the brain and you get a hit. The nicotine also causes the body to increase its heart rate and your blood pressure goes up; 60mg of pure nicotine placed on a persons tongue would kill within minutes.

What it costs to Smoke!

Physical

- Wheezing shortness of breath
- Lack of energy - poor concentration
- Dull skin, coloured stained fingers, premature wrinkling
- Reduced fertility, risky pregnancy, baby at risk
- Lung cancer, emphysema, stroke - heart attack
- Damage to circulation, gangrene and amputation

Social

- Pollution of the environment
- Smoke gets in eyes
- Dusty, stuffy home, nicotine stains your home
- Increased risk of fire

Emotional

- Being a turn off
- Feeling a slave to cigarettes
- Ever present nagging sense of guilt that you should give up
- Disapproval of others.

Financial

A 20 a day smoker will spend £31,025 over the next 20 years, just think how many holidays you could go on or the savings you could have made!

Second-hand smoke

Second-hand smoke is other people's tobacco smoke that you are breathing in.

This is also known as passive smoking.

Each year 17000, children under the age of 5 go into hospital with complaints caused by smoke from their parents' cigarettes.