



Smoking: The Toxic Truth

Presenter's RESOURCE GUIDE

Edited by
Rebecca Snedeker

4338 Canal Street
New Orleans, Louisiana 70119
discover-films.com
888-649-6453 Fax 866-614-4177

DISCOVER FILMS
VIDEO



TABLE OF CONTENTS



INTRODUCTION	1
PROGRAM GOALS	3
PROGRAM SUMMARY	4
SUGGESTIONS FOR VIDEO PRESENTERS	6
PRE-TEST	8
TRUE OR FALSE	9
FACT VS MYTH—TRUE OR FALSE ANSWER KEY	10
POST-TEST	12
TRUE OR FALSE	13
MATCHING	14
FILL IN THE BLANK	15
POST-TEST ANSWER KEY	16
TRUE OR FALSE	17
MATCHING	19
FILL IN THE BLANK	20
STUDENT ACTIVITIES	21
WHAT DO YOU THINK?	22
ROLE PLAYS	23
GLOSSARY	24
CROSSWORD PUZZLE	28
WORD SEARCH	31
STUDENT HANDOUTS	32
WAYS TO SAY NO TO SMOKING	33
SIX FACTS ABOUT KIDS AND SMOKING	34
HEALTH EFFECTS OF SMOKING AMONG YOUNG PEOPLE	35
PERSONAL CHOICES	36
SETTING GOALS	37
FOUR STEPS TO STAYING TOBACCO -FREE	39
TOBACCO -FREE CONTRACT	40
FOR SMOKERS ONLY	41
TEACHER & PARENT HANDOUTS	46
SOURCES & RESOURCES	54

INTRODUCTION



Students are susceptible to an assortment of common myths and misunderstandings about smoking. Because they want to "fit in," adolescents are easily moved and motivated by what has been called "peer pressure," even when it is guided by wrong information and bolstered by misperceptions.

Although recent social norms surveys have shown that 85% of American teenagers *do not* smoke, the same testings prove that most students assume that most teenagers *do* smoke. This misperception puts them in danger of trying smoking.

Adult smoking seems common and casual, so students may not be aware of the lethal nature of cigarette smoking. Whether wanting to "grow up fast," blend into peer groups, or experiment with new identities, students can be influenced to try just one cigarette, only to later find themselves hooked into a deadly habit. The simple fact is, tobacco kills!

Smoking: The Toxic Truth seeks to provide young people with the right information about tobacco danger. It presents facts, exposes myths, and shows the true dangers of tobacco to middle school and high school students. They will learn that smoking is a nasty, unattractive habit that is highly addictive and, eventually, will kill you.

Many teens think that smoking will only hurt you later, down the road. *Smoking: The Toxic Truth* will explain that the physical damage from smoking sets in almost immediately—even within a year after you start. Teen smokers cough and wheeze more. They produce more phlegm (yuck!). They have damaged lungs that are smaller than they should be. They have weaker hearts. They perform worse in physical fitness tests and competitive sports. And they get sick and miss school more often. The toxic athlete is the athlete who has started smoking and, therefore, experiences reduced athletic performance, coughing, lack of endurance and stamina. Toxic athletes who smoke are a drag on the team. Uncool.

But teenagers can have a winning attitude, stay tobacco-free, and be healthy athletes if they want to. *Smoking: The Toxic Truth* can help them see the truth.

Each day 6,000 young people will take their first puff on a cigarette and half of them will become regular smokers. That's more than a million new smokers each year. One out of three will die from a disease caused by smoking! Unless we do something to stop this trend, five million young people alive today will eventually die from using tobacco.

Smoking: The Toxic Truth motivates students to make the healthy choice to stay away from smoking. In the video, students will meet a former smoker who has larynx cancer, has lost his voice, and is unable to speak to his wife and son with ease. Young

INTRODUCTION (Continued)

viewers will see lungs which have been so tarred and polluted from smoking that they look like they come from a different animal species!

Students won't be surprised about the damaging effects of cigarettes after they've learned that these "cancer sticks" contain over 4000 toxic chemicals, including formaldehyde, rat poison, ammonia, and acetone, to name but a few, and as well as more than 40 known cancer causing chemicals. When young people are aware of what cigarettes contain, they can make the healthy choice not to inhale. And since hardly anyone starts using tobacco as an adult, chances are great that if these students make it through their teens tobacco-free, they'll be tobacco-free for life.

When working with students on tobacco prevention, it is important to stress to kids how unattractive smoking really is. Studies show that students respond immediately to the grosser effects of smoking. Premature wrinkling, smelling like an ashtray, and wasting money gets their attention, but it is also critical to inform them of the specific health conditions brought on by a smoking lifestyle, like cancer and emphysema. Even though young people feel invincible, they are not! *Smoking: The Toxic Truth* sends a clear message to teens: cigarettes will eventually kill you. Inhale that!

Students in middle school and high school are constantly undergoing change. Students in these age groups are struggling to make the transition from child to adolescent, from dependency on parents and teachers to independence. Temptation to take risks and experiment with smoking is strong. Choosing peer groups and wanting to be "in" with the kids who are popular is another factor influencing their choices. That is why it is so important to implement social norms strategies into tobacco prevention programs early.

Teenagers who think that smoking is "growing up" are wrong. *Smoking: The Toxic Truth* shows them that most of their peers *do not* and *will not* smoke because it is a nasty, disgusting, and simply unattractive habit. This is positive "peer pressure" at work.

PROGRAM GOALS



After watching the video and completing the student activities,
your students will know:

- ✓ That the majority of their peers are not smoking cigarettes.
- ✓ That smoking is a serious problem—there is nothing casual about it.
- ✓ Specific chemical toxins and carcinogens found in cigarettes.
- ✓ How smoking can lead to serious health conditions and, eventually, death.
- ✓ That most hard-drug addicts started with smoking.
- ✓ The effects of psychological addiction caused by smoking.
- ✓ Specific medical consequences associated with smoking.
- ✓ How smoking affects students' and parents' lives.
- ✓ That most teens are making healthy choices and want to hang out with other kids that are tobacco-free.
- ✓ That smoking is unattractive, unhealthy and simply not cool.

Smoking: The Toxic Truth

PROGRAM SUMMARY



Smoking: The Toxic Truth opens with quick shots of teens talking about smoking, revealing how they became addicted. One teen believes she can avoid addiction by only smoking a few cigarettes a week, reasoning that if she does get hooked she can stop whenever she wants. Another believes he can easily quit. One teen compares the addiction to a form of slavery—his body reminds him every ten minutes or so that the craving for nicotine must be satisfied.

A number of the video's participants are personally connected to someone who died of lung cancer caused by smoking. Some of them continue to smoke; others see this as a reason to avoid cigarettes.

The viewer meets Terry Jones, a patient at Tulane University Hospital who is battling cancer of the larynx. He now has a tube in his throat for breathing, has lost his sense of smell and is learning to speak again. Dr. Andrew Nemechek states emphatically that every case of larynx cancer he knows of is a result of smoking. Mr. Jones was shocked to learn that he had developed cancer after quitting and not smoking for a long while. Dr. Nemechek explains that some of the changes to the mucous membranes caused by past smoking do not repair themselves and lay dormant, possibly developing into cancer.

It is unknown how long a person can smoke without damage because it varies with individuals. Smoking is playing "Russian roulette" with your life.

Although Terry Jones can no longer speak because of his condition, he manages to wheeze a message to potential smokers: "If people would only understand it is serious ...but they don't." Terry and his wife relate the daily difficulties of living with an open wound in his neck. His son, Terrance, argues that at the time his father began smoking not much was known about its negative effects. But with all the information and evidence against smoking now known, he cannot understand why anyone would want to smoke?

Students discuss the toxic ingredients inside cigarettes. Dr. Nemechek points out that the chemicals are harmful—as well as is the heat produced in the mouth by cigarette smoking. Students look at a diseased lung with disbelief and disgust. Others examine a jar filled with tar, the residual substance deposited in a smoker's lungs.

Athletic teens disclose how smoking adversely affects their performance and endur-

PROGRAM SUMMARY

(Continued)

ance.

An "occasional smoker" talks about how smoking "relaxes" her. A non-smoking teen explains that any such "relaxation" felt from smoking is actually the body responding to the nicotine fix. A wise teen observes that although some people smoke to reduce stress when they have problems, the problems remain until they are worked out.

The question is then asked, "Is smoking attractive?" Smoking smells—bad breath, stinky clothes and body. Our "occasional smoker" does not believe that smoking will prematurely age her skin. Dr. Erin Boh, a dermatologist, explains that over time smoking causes wrinkling and thickening of the skin. Sophie, the "occasional smoker," agrees to let Susan, a make-up artist, "age" her skin the way her future smoking will. Sophie is disturbed by the results and vows to quit.

In concluding, students share how much better they feel by not smoking. They implore young smokers to quit. There is nothing positive about smoking. They tell teens who do not smoke not to start.

Dr. Nemechek sums up the lesson of the video: "Smoking stinks, it is expensive, it gives you cancer...other than that, it's really a great habit!"

SUGGESTIONS FOR VIDEO PRESENTERS



This Resource Guide is designed to supplement information from the video
Smoking: The Toxic Truth.

Here are suggestions for using the material in this Presenter's Resource Guide,
based on how many class periods you have for your presentation.

One Class Period Presentation

1. Show *Smoking: The Toxic Truth* video (28 minutes.)
2. When the video ends pass out the **Post-Test**. After students have answered all the test questions, use the answer key to review correct answers with students.
3. Use either the *What Do You Think?* or *Role Plays* from the **Student Activities** section to interact with the students. Photocopy and pass out the *Crossword Puzzle*, *Glossary* and *Word Search* for students to complete during the remaining class time.
4. Photocopy and distribute the **Student Handouts** of the Resource Guide for students to take home. Encourage them to talk to their parents about what they've learned from *Smoking: The Toxic Truth* and to complete the **Tobacco-Free Contract** with their parents.

Two Class Period Presentation

First Class Period:

1. Before you show the videotape, give each student the **Pre-Test** to complete. Collect these for use during the next class period.
2. Show *Smoking: The Toxic Truth* video (28 minutes.)
3. When the video ends pass out the **Post-Test**. After students have answered the test, use the answer key to review correct answers with students.
4. Photocopy and pass out the *Crossword Puzzle*, *Glossary* and *Word Search* for students to complete during the remaining class time.

SUGGESTIONS FOR VIDEO PRESENTERS

(Continued)

Second Class Period:

1. Give each student the **Pre-Test** they completed in the first class period. Distribute the **Fact Versus Myth** pages that correspond with the **Pre-Test**. Call on students to give their answer from the **Pre-Test** and then have them read the correct answer with its explanation aloud.
2. Divide the class up into three groups and assign each group one of the **Role Plays** to act out for the class.
3. Photocopy and distribute the **Student Handouts** of the Resource Guide for students to take home. Encourage them to talk to their parents about what they've learned from *Smoking: The Toxic Truth* and to complete the **Tobacco-Free Contract** with their parents.



Pre-Test



Pre-Test

True or False

1. T F The majority of teens smoke.
2. T F Smoking won't affect your health until you're a lot older.
3. T F According to many hard drug addicts, smoking is the first step on the path to drug abuse.
4. T F Since so many adults smoke, it must not be too harmful for teens.
5. T F Since tobacco is a natural plant, it is safe to smoke.
6. T F Smoking is unattractive.
7. T F Tobacco smoking isn't very addictive. It's pretty easy to quit.
8. T F If you make it through your teen years without smoking, chances are you'll be tobacco-free for life.
9. T F Smoking is relaxing.
10. T F Cigarette smoking is deadly.

FACT vs MYTH

Answer Key



Corresponds with Pre-Test—True or False

- 1. The majority of teens smoke.**
False. The real truth is that most teens don't smoke. In fact, only 13% of teens do. Most teens are now making healthy choices that don't include smoking.
- 2. Smoking won't affect your health until you're a lot older.**
False. Symptoms such as shortness of breath, coughing, nausea, dizziness and "phlegm production" start up as soon as the first time you light up.
- 3. According to many hard drug addicts, smoking is the first step on the path to drug abuse.**
True. 95% of all drug addicts admit to starting with smoking. Kids who smoke are three times more likely to use alcohol, eight times more likely to smoke marijuana, and 22 times more likely to use cocaine!
- 4. Since so many adults smoke, it must not be too harmful for teens.**
False. Tobacco is a poison to growing bodies. When you smoke, you poison your brain and respiratory system immediately. Young, growing bodies are even more susceptible to the dangers of smoking than adults.
- 5. Since tobacco is a natural plant, it is safe to smoke.**
False. Tobacco contains carcinogens, which are chemicals known to cause cancer in humans and others animals.
- 6. Smoking is unattractive.**
True. Smoking is a disgusting habit. Smokers' clothes reek. Smokers are not perceived as having healthy, active bodies. Plus, would you want to kiss some one who smells like an ashtray?
- 7. Smoking tobacco isn't very addictive. It's pretty easy to quit.**
False. Tobacco is quite physically and psychologically addictive. After you start smoking, you soon want to smoke all the time. Most teens who smoke are sorry they ever started. In fact, 40% said they tried to quit and couldn't. Smoking is a bummer.
- 8. If you make it through your teen years without smoking, chances are you'll be tobacco-free for life.**
True. More than 80% of adult smokers started before they turned 18, and by that time more than half of them were already smoking daily. Hardly anyone starts using tobacco as an adult. Why start at any time?

FACT vs MYTH

Answer Key (Continued)

9. **Smoking is relaxing.**

False. The whole idea that smoking is relaxing is a big myth—all smoking really does it stimulate your nervous system. You just become antsy and agitated, and feel the “need” to smoke again to “relax.” This is addiction!

10. **Cigarette smoking is deadly.**

True. Each year 434,000 people die as a result of their nicotine addiction—more than the numbers who die from heroin use, cocaine use, alcoholism, murder, suicide, and fires combined!



Post-Test

To be used after the video has been shown

Post-Test



True or False

1. T F The tragedy and scale of the number of people who die from smoking each day is equivalent to three full jumbo jets crashing with no survivors—every day.
2. T F Even if you quit smoking, you can still have smoking-related health damages years down the road.
3. T F Smoking stinks and makes your clothes, hair, and breath smell bad.
4. T F Most teens don't smoke and consider it unappealing.
5. T F People who say they could quit usually have a much harder time actually quitting than they anticipated.
6. T F Smoking cigarettes retards the health of your lungs, turning them black. Eventually you can die from emphysema.
7. T F Smoking can help you solve personal problems.
8. T F There will be a cure for cancer before any present-day teens develop cancer from tobacco use.
9. T F Cigarette smoking causes thermal injury.
10. T F Women who smoke are three times likely to be infertile.
11. T F Smoking will turn your lungs black.
12. T F Cigarettes contain toxic chemicals which are not supposed to be in our bodies.
13. T F The typical smoker spends \$1,277 a year on cigarettes.
14. T F Most teens don't ever even try smoking.

Post-Test

(Continued)

Matching

Use the number next to the substance to complete the sentences.

_____ contain over 4000 chemicals, including 43 known carcinogens.

_____ use increases the chance of abnormalities in the male's sperm and can cause male impotence.

1. Cigarettes

_____ is stinky and unattractive.

_____ is a natural plant, but it is not natural or healthy to smoke it.

_____ makes it hard to run and greatly decreases athletic performance.

2. Smoking

_____ causes one out of ten infant deaths.

_____ immediately causes phlegm production, coughing, nausea, and dizziness.

_____ kill trees! One in eight trees felled is used to make these "cancer sticks" and their packages.

3. Tobacco

_____ are reported by former drug addicts to be more addictive than cocaine and heroin.

_____ smoking leaves a black toxic residue called tar in your lungs.

_____ triples the risk of heart disease death.

Post-Test

(Continued)

Fill in the Blank

1. _____ and other skin conditions caused by cancer make smokers look much older than other people their age.
2. The healthy majority of kids don't use _____. Ever.
3. 1,500 Americans _____ from smoking each day.
4. _____ is the thick, black, toxic liquid that is residue from smoking and ends up in your lungs.
5. Within two days of quitting _____, your sense of taste and smell can be greatly improved, you'll begin to breathe easier, and your smoker's cough will begin to disappear.
6. Smoking makes your teeth turn _____ in color.
7. _____ is an embalming fluid found in cigarettes.
8. There is no question at all that tobacco smoke is the prime cause of cancer in your _____.
9. Any smoker who thinks it will be easy to quit is in _____ of their addiction.
10. 42% of young people who smoke as few as three _____ go on to become regular smokers.
11. Caused by smoking, _____ is a scary and painful condition which makes it very difficult to breathe, every second of the day, until you eventually die from it.
12. Each day, 3,000 teens start smoking—more than one million a year. One third of them will not choose to quit and will eventually die from their _____.



Post-Test

ANSWER KEY

POST-TEST ANSWER KEY

Corresponds with Post-Test True or False

- 1. The tragedy and scale of the number of people who die from smoking each day is equivalent to three full jumbo jets crashing with no survivors—every day.**
True. More than 400,000 people die from smoking each year—one of out every five deaths in the U.S.
- 2. Even if you quit smoking, you can still have smoking-related health damages years down the road.**
True. Smoking causes irreversible health damages. Changes in your mucous membranes don't repair themselves, remain dormant, eventually leading to cancerous growth, and then death.
- 3. Smoking stinks and makes your clothes, hair, and breath smell bad.**
True. It is a disgusting and unattractive habit.
- 4. Most teens don't smoke and consider it unappealing.**
True. The majority of teens don't want to try smoking or hang out with other kids that smoke.
- 5. People who say they could quit usually have a much harder time actually quitting than they anticipated.**
True. Cigarettes contain tobacco, which is very addictive: smokers want more, and tolerance increases until psychological addiction takes over. Only 5% of teen smokers think they will definitely be smoking in five years, but close to 75% end up still smoking 7-9 years later.
- 6. Smoking cigarettes retards the health of your lungs, turning them black. Eventually you can die from emphysema.**
True. Imagine having to breathe through a plastic drinking straw all day—scary! That's what it is like to have emphysema. Try smoking and you could experience this sensation first hand...and eventually not be able to breathe on your own.
- 7. Smoking can help you solve personal problems.**
False. Wouldn't that be something! Smoking doesn't solve problems, it creates problems. Problems are going to remain problems until you work them out. Smoking doesn't make you feel better, it makes you feel worse.
- 8. There will be a cure for cancer before any present-day teen smokers develop cancer from tobacco use.**

POST-TEST ANSWER KEY (Continued)

False. Who wants to bet their life on the slim chance of a cure? In some cases, it doesn't take long for cancer to develop in young smokers anyway. Plus, cancer is certainly not the only reason to stay tobacco-free.

9. **Cigarette smoking causes thermal injury.**

True. Cigarettes get very, very hot. Your mouth and throat are not designed to have a flame thrower scorching them.

10. **Women who smoke are three times more likely to be infertile.**

True. Smoking is unacceptable in general, and especially disastrous for girls and women who dream of becoming mothers one day.

11. **Smoking will turn your lungs black.**

True. Tar, the residue from smoking, causes it. Healthy lungs are pinkish and look like uncooked meat, while those diseased from smoking are black and gooey.

12. **Cigarettes contain toxic chemicals which aren't supposed to be in our bodies.**

True. When you smoke, you inhale over 4000 chemicals, including rat poison, formaldehyde, carbon monoxide, ammonia, and over 40 known carcinogens.

13. **The typical smoker spends \$1,277 a year on cigarettes.**

True. With that same amount of money you could play 3,200 video arcade games or buy 183 comic books. Put that \$1,277 into a bank account that pays 5% interest, and you will have a grand total of \$42,225 after 20 years, plus you'll be healthy enough to spend it doing many things, too!

14. **Most teens don't ever even try smoking.**

True. 87% of teens make the healthy choice to stay tobacco-free.

POST-TEST ANSWER KEY
(Continued)

Matching

- 1 contain over 4000 chemicals, including 43 known carcinogens.
- 3 use increases the chance of abnormalities in the male's sperm and can cause male impotence.

1. Cigarettes

- 2 is stinky and unattractive.
- 3 is a natural plant, but it is not natural or healthy to smoke it.
- 2 makes it hard to run and greatly decreases athletic performance.

2. Smoking

- 2 causes one out of ten infant deaths.
- 2 immediately causes phlegm production, coughing, nausea, and dizziness.
- 1 kill trees! One in eight trees felled is used to make these "cancer sticks" and their packages.

3. Tobacco

- 1 are reported by former drug addicts to be more addictive than cocaine and heroin.
- 3 smoking leaves a black toxic residue called tar in your lungs.
- 2 triples the risk of heart disease death.

POST-TEST ANSWER KEY (Continued)

Fill in the Blank.

1. Premature wrinkling
2. Tobacco
3. Die
4. Tar
5. Smoking
6. Yellow
7. Formaldehyde
8. Larynx
9. Denial
10. Cigarettes
11. Emphysema
12. Addiction



Smoking: The Toxic Truth
STUDENT ACTIVITIES

What Do You Think?

Write two or three sentence answers for each question.

In the video...

Amie says, "Smoking makes your teeth yellow and makes you smell bad! It is not attractive."

Do you agree with Amie's reaction to smoking?

Sophie casually says she will quit smoking when she becomes pregnant. Later in the video, she learns that smoking causes premature wrinkling of the skin, and she vows to quit immediately!

In addition to severe premature aging, what kind of negative health consequences can result from smoking?

Jade says even though his grandpa died of lung cancer two years ago, he still smokes. He shrugs and says he doesn't know why.

Why do you think Jade is still smoking? What would you say to him as a friend?

Role Plays

Imagine that you find yourself in the following situations and describe what you would do... Be specific.

Twenty years after you quit smoking as a teen, you get lung cancer and your doctor says it was caused by your smoking. You have to tell your children that you might die because you chose to smoke when you were younger. Your children ask, "Why did you smoke? Did you know about the harmful effects of smoking?"

What do you tell them?

You feel really down and blue one day and you want to talk to someone. Your friend offers you a cigarette and says it will make you feel better—all your problems will melt away.

What do you tell your friend?

You and a friend are walking through a park one weekend. You encounter a group of older kids from school who are smoking. One of them offers you a cigarette.

What do you say and do?

GLOSSARY

ACETONE

Colorless, flammable liquid, widely used as a solvent for paints and as nail polish remover. One of the 4000 chemicals in cigarettes.

ACRID ODOR

A sharp, bitter smell caused by smoking that clings to your clothing, hair, and breath, and is very unappealing.

ADDICT

A person who suffers from a drug addiction. Someone who has developed a dependency on a drug from tolerance of a substance and must use it over and over to feel normal. An addict is someone addicted to tobacco and/or other drugs and alcohol.

AMMONIA

A colorless gas with a pungent odor; soluble in water and used as a floor and toilet cleaner. One of 4000 chemicals found in cigarettes.

ARSENIC

A tasteless poison found in cigarettes, where it kills in small doses over time.

BURN HOLES

Holes caused when the lit end of a cigarette touches, burns a hole in, and ruins clothes, furniture, or upholstery. Cigarettes can also burn your skin or someone else's skin.

BUTANE

A colorless, highly flammable gas that is compressed for use in cigarette lighter fluids and for household cleaning products. One of 4000 chemicals found in cigarettes.

BUTYL ACETATE

A colorless flammable toxic liquid used as a solvent for lacquers. Its plastic fibers are found in cigarettes.

CADMIUM

A soft, malleable toxic used as rechargeable battery fluid that is found in cigarettes.

CARBON MONOXIDE

A lethal chemical found in car exhaust fumes. Also found in cigarettes.

CANCER

A malignant tumor or growth caused when cells multiply uncontrollably, destroying healthy tissue, or the illness that is caused by the presence of a malignant tumor. Commonly caused by smoking tobacco.

CARCINOGENS

Cancer-causing chemicals found in tobacco leaves. Three classes of carcinogens are

GLOSSARY

(Continued)

known to occur in tobacco products: N-nitrosamines, polynuclear aromatic hydrocarbons, (PAH), and polonium-210.

CENTRAL NERVOUS SYSTEM (CNS)

Your brain and spinal chord, which can be thought of as the engine and heart of the nervous system of your body, where all the processes necessary for your life are regulated, including how you feel at any given time. Smoking attacks and affects the CNS.

CHEMICAL INJURY

Injury caused by smoking cigarettes, which contain 43 known carcinogens and thousands of chemicals.

CITRONELLA OIL

Insect repellent found in cigarettes.

CRAVING

A powerful, often uncontrollable desire for drugs that is part of addiction. A drug user's brain produces less natural chemicals, called neurotransmitters, because it gets used to the artificial ones in the drugs being ingested; but a user's body needs neurotransmitters, in the same amounts as before drug abuse, to feel good, and therefore it experiences a craving for the drug, wanting to make up the difference.

DENIAL

This inability or a refusal to admit that something, such as an addiction to smoking, exists.

DRUG ABUSE

The mis-use of drugs. Self-harm done by choosing to take a dangerous substance into the body.

EMPHYSEMA

A condition that causes abnormal expansion of the lungs and impairment of heart action. Causes breathing complications and inability to breath without assistance. Often brought on by smoking cigarettes.

FORMALDEHYDE

An embalming fluid found in cigarettes.

LARYNX

The part of the respiratory tract between the level of the root of the tongue and the top of the trachea, also called the voice box. Cancer of the larynx is caused by smoking.

GLOSSARY

(Continued)

LETHAL

Deadly or fatal, like smoking.

NICOTINE

A toxic chemical found in tobacco leaves, also used in liquid form as an insecticide and in solid form in cigarettes.

PHLEGM

The thick mucus secreted by the walls of the respiratory passages, especially during a cold. Excess phlegm also develops as a result of the toxicity of smoking.

PREMATURE WRINKLING

Smoking causes a number of changes in the skin, including skin wrinkling at early ages. "Smoker's Face" is a condition that shows up as early as age 30 for women who smoke. It is described as deeply wrinkled, gaunt-looking, shriveled skin, gray with purplish blotches.

RESPIRATORY SYSTEM

Your body's breathing apparatus. Lungs take in air and expel carbon dioxide, put oxygen in the blood stream, and remove impurities.

SMOKING

Inhaling tobacco products which include over 4000 known toxic chemicals through a cigarette, voluntarily causing chemical injury and thermal injury to one's body.

SMOKING ADDICTION

A chronic, relapsing disease, characterized by compulsive cigarette-seeking, cigarette use, and changes to the brain, lungs, skin and overall health of the cigarette smoker.

STIMULANT

A drug or other agent that produces a temporary increase in functional activity in a body organ or part. A cigarette stimulates your nervous system, making you feel antsy and agitated.

TAR

The thick, black toxic liquid that is residue from tobacco smoke.

THERMAL INJURY

Injury caused by the heat of cigarette smoking on the lining of the mouth and esophagus.

TOBACCO

The dried leaves of a plant of the nightshade family, processed for smoking and chewing.

GLOSSARY

(Continued)

TOLERANCE

A condition in which higher doses of a drug are required to produce the same effect as those initially experienced with lower doses; increased tolerance leads to physical dependence.

TOXIC

Poisonous. (From toxin, or poison.)

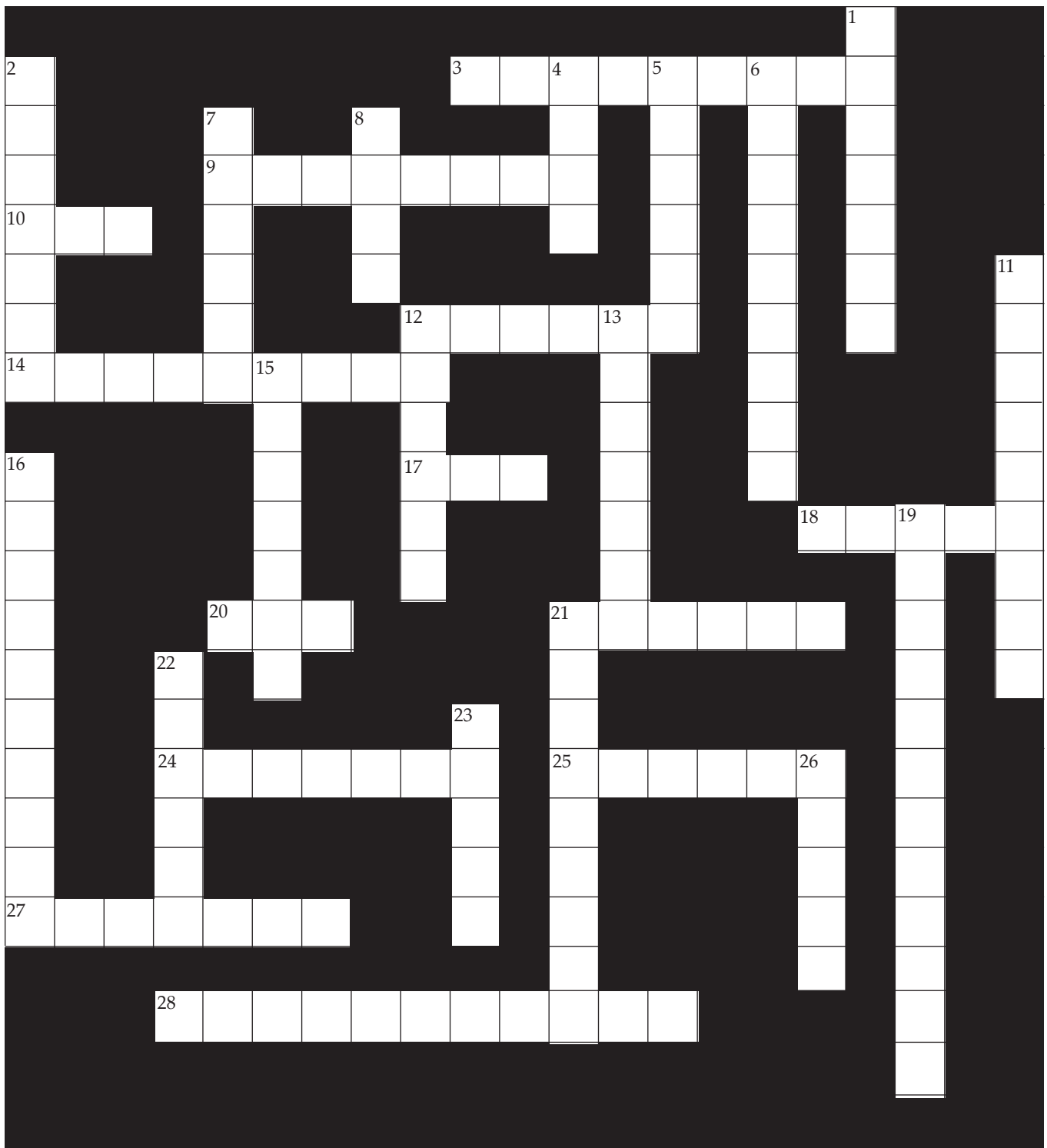
TOXIC ATHLETE

An athlete who is poisoned by smoking, causing loss of speed in running, frequent coughing, and an overall decrease in athletic performance and endurance.

WILL POWER

The dedication to a goal and the ability to continue to carry out a path related to that goal. The force of mental resolve in setting and meeting your goals. The personal dedication and strength required to stay on course to meet your goal(s).

CROSSWORD PUZZLE



CROSSWORD PUZZLE

CLUES

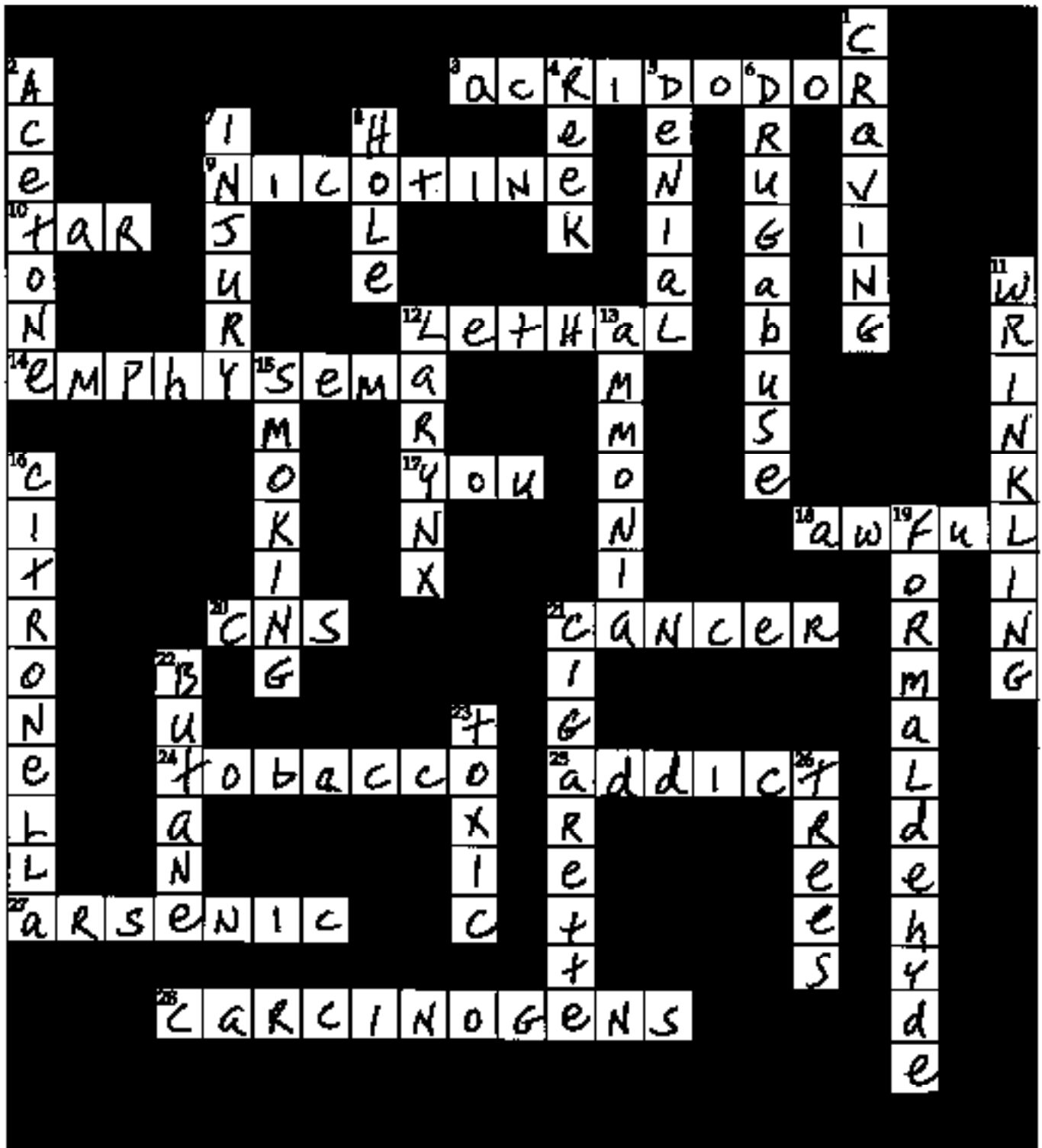
Across

3. Nasty bitter smell caused by smoking.
9. A toxic chemical found in tobacco, also in liquid form as an insecticide.
10. The thick, black toxic liquid that is residue from cigarette smoke.
12. Deadly or fatal, like smoking.
14. A condition which makes it very difficult to breathe.
17. Smoking can kill _____.
18. Smoking is a disgusting, _____ habit.
20. Central Nervous System (abbreviation.)
21. A malignant tumor or growth which multiplies uncontrollably and eventually can kill you.
24. The dried leaves of a plant of the nightshade family.
25. A person who suffers with a drug addiction, like a cigarette smoker.
27. A tasteless poison which kills in small doses over time, found in cigarettes.
28. Cancer-causing chemicals found in tobacco leaves.

Down

1. A powerful, often uncontrollable desire for drugs such as nicotine.
2. Nail polish remover found in cigarettes.
4. After you smoke, your clothes _____.
5. An inability or refusal to admit that some thing, such as an addiction to smoking, exists.
6. The mis-use of drugs.
7. Smoking causes chemical and thermal _____.
8. A burn-_____ from cigarettes ruin clothes and upholstery.
11. Smoking causes premature _____.
12. "Voicebox"
13. Toilet bowl cleane, found in cigarettes.
15. Inhaling tobacco products and toxic chemicals in the form of a cigarette.
16. Insect repellent found in cigarettes.
19. Embalming fluid found in cigarettes.
21. A "cancer stick."
22. Used in cigarette lighter fluids, found in cigarettes.
23. A poisonous substance.
26. One in eight _____ killed are used to make cigarettes and their packages.

CROSSWORD PUZZLE ANSWERS



Word Search

E	T	A	T	E	C	A	L	Y	T	U	B	R	E	S	L	A	H	T	E	L
P	X	R	P	H	L	E	G	M	F	T	K	L	I	O	B	T	R	A	S	L
R	S	X	K	L	D	O	T	H	E	R	M	A	L	I	N	J	U	R	Y	T
E	C	N	A	R	E	L	O	T	O	T	B	J	A	U	C	D	C	O	E	E
M	F	Y	J	W	U	B	D	J	E	A	E	N	O	T	E	C	A	M	D	Q
A	B	R	C	A	D	M	I	U	M	R	Q	U	E	L	A	K	R	B	I	T
T	D	A	C	R	I	D	O	D	O	R	L	U	B	J	L	B	C	A	X	Y
U	R	L	B	U	R	N	H	O	L	E	S	C	X	D	G	U	I	J	O	K
R	O	T	A	Z	E	Y	O	L	B	N	L	O	L	C	D	W	N	I	N	R
E	T	O	B	A	C	C	O	M	I	A	D	D	I	C	T	I	O	N	O	P
W	G	X	R	B	E	B	A	C	M	L	K	V	R	E	D	L	G	A	M	E
R	F	I	L	Y	Q	U	O	E	U	A	J	A	U	M	B	L	E	F	N	S
I	G	C	S	A	I	T	S	O	Z	E	V	C	O	I	T	P	N	H	O	U
N	N	A	H	T	I	Y	S	D	E	I	H	A	C	E	T	O	N	E	B	B
K	I	T	E	N	H	N	X	E	N	A	T	U	B	N	R	W	S	I	R	A
L	K	H	E	P	U	F	E	G	C	D	N	U	C	I	N	E	S	R	A	G
I	O	L	M	V	W	B	J	D	T	K	G	U	Q	O	S	R	A	P	C	U
N	M	E	O	M	E	T	S	Y	S	Y	R	O	T	A	R	I	P	S	E	R
G	S	T	I	M	U	L	A	N	T	L	E	T	T	E	R	A	G	I	C	D
M	T	E	R	I	P	T	A	L	I	O	A	L	L	E	N	O	R	T	I	C

Find the following words in the letter jumble.
The words can be found up, down, diagonal, or backwards.
Have Fun!

Acetone	Carcinogen	Premature Wrinkling
Acrid Odor	Cigarette	Respiratory System
Addiction	Citronella Oil	Stimulant
Ammonia	Denial	Smoking
Arsenic	Drug Abuse	Tar
Burn Holes	Emphysema	Thermal Injury
Butane	Larynx	Tolerance
Butyl Acetate	Lethal	Tobacco
Cadmium	Nicotine	Toxic Athlete
Carbon Monoxide	Phlegm	Will Power



Smoking: The Toxic Truth
STUDENT HANDOUTS

Ways to Say No to Smoking

Easy Outs:

No thank you.
Nah, not today.
Maybe another time.

Make a good excuse.

I have asthma.
I'm too broke now.
My mom will kill me if she smells it.

Change the subject.

Let's listen to my new CD.
Hey, nice haircut.
Oh no, I'm late, got to go!

Be funny.

You're kidding, aren't you?
And give my girlfriend/boyfriend a reason to dump me?
Hey, did you hear the one about...?

Use an "I" statement.

I'm not smoking.
I can't imagine why I would.
I like having lungs that work.

The Surgeon General's Report for Kids about Smoking

Six Facts about Kids and Smoking

The Surgeon General's Report contains six major conclusions about kids and smoking:

Most people start using tobacco before they finish high school. This means that if you stay smoke-free in school, you will probably never smoke.

Most teens who smoke are addicted to nicotine. They want to quit smoking, but they can't. When they try to quit, they experience nasty withdrawal symptoms—just like adults do.

Tobacco is often the first drug used by kids who use alcohol and illegal drugs like marijuana.

Kids who start smoking are more likely to get lower grades in school. They tend to hang out with other kids who smoke. They may have a low self-image, and they don't know how to say no to tobacco.

Cigarette advertisements are designed to make people think that smoking is cool and that everybody does it. These misleading ads appear to increase kids' risk of smoking.

Finally, here's some good news! People working in their communities—kids who warn each other about the dangers of smoking, for example, and programs that make it harder for stores to sell cigarettes to kids—are helping to keep kids away from tobacco.

Health Effects of Smoking Among Young People

Among young people, the short-term health consequences of smoking include respiratory and nonrespiratory effects, addiction to nicotine, and the associated risk of other drug use. Long-term health consequences of youth smoking are reinforced by the fact that most young people who smoke regularly continue to smoke throughout adulthood.

Cigarette smokers have a lower level of lung function than those persons who have never smoked.

Smoking reduces the rate of lung growth.

In adults, cigarette smoking causes heart disease and stroke. Studies have shown that early signs of these diseases can be found in adolescents who smoke.

Smoking hurts young people's physical fitness in terms of both performance and endurance—even among young people trained in competitive running.

On average, someone who smokes a pack or more of cigarettes each day lives seven years less than someone who never smoked.

The resting heart rates of young adult smokers are two to three beats per minute faster than nonsmokers.

Smoking at an early age increases the risk of lung cancer. For most smoking-related cancers, the risk rises as the individual continues to smoke.

Teenage smokers suffer from shortness of breath almost three times as often as teens who don't smoke, and produce phlegm more than twice as often as teens who don't smoke.

Teenage smokers are more likely to have seen a doctor or other health professionals for an emotional or psychological complaint.

Teens who smoke are three times more likely than nonsmokers to use alcohol, eight times more likely to use marijuana, and 22 times more likely to use cocaine. Smoking is associated with a host of other risky behaviors, such as fighting and engaging in unprotected sex.

PERSONAL CHOICES



How To Choose The Right Friends and How to Be a Good Friend

In *Smoking: The Toxic Truth*, Liz says, “A smoker is a weak person. They have this addiction that their whole life revolves around. They are an inconsiderate and harmful to others,...smoking is inconsiderate.”

Think about this as you answer the following questions:

Does smoking make you a good friend to the people you care about?

Would true friends want you to try smoking, which could kill you or cause serious damage to your body and brain? Why or why not?

What do the following statements mean to you?

“In order to make a friend, you must first be a friend.”

“Show me your friends and I’ll tell you who you are.”

SETTING GOALS



You know what goals are, especially in sports like soccer, basketball and football. The object in these games is to get the ball into your opponent's goal and defend your own goal from intrusion by your opponent. The same is true in your life. You must learn to set goals for yourself, always remember what they are, and know what it takes to reach them.

There are two kinds of goals: **short term goals** and **long term goals**.

Short term goals include things you want to accomplish soon, such as bring up your grades, join a club, practice playing a musical instrument, or read a book.

Long term goals include things you want to accomplish in the future, like getting your driver's license, graduating from college, getting married, and raising a family.

You can adjust or change your goals at any time, but only after careful consideration.

List your goals and look at them from time to time.

SHORT TERM GOALS

LONG TERM GOALS

SETTING GOALS

(Continued)

Once you have listed your goals, answer these questions:

Are the goals I've set for myself attainable?

What will you have to do to achieve one of your short term goals?
Be specific.

What will you have to do to achieve one of your long term goals?
Be specific.

How might smoking and getting involved with people who smoke prevent you from meeting your goals?

FOUR STEPS TO STAYING TOBACCO-FREE



AWARENESS

Learn the facts. Find out the truth for yourself. Don't rely on what you hear from peers, even friends, about smoking. Pay attention to people, places and things. You know who the smokers are. What kind of students are they? Where do they hang out? What kind of goals do they have? Do they achieve them? Why or why not?

CHOICES

Everything you do involves a choice. It's just as easy to make a healthy one as it is to make an unhealthy one. Make your own choices. Don't go along with the crowd. Be a leader and not a follower. In order to make a good choice, you need to know all the "pros" and "cons." Once you have collected all the information, you will know the benefits and consequences of each choice you make. It's up to you to make the best choice you can, because it's your life.

COMMITMENT

Once you weigh the consequences of your choices, you must decide to be tobacco-free. Make a commitment to do it—and mean it. Write out a contract, an agreement with yourself. Sign it, and have your parents sign it. Agree to remain tobacco-free by avoiding people and places where drugs are used. Your parents will support your commitment by giving you privileges that go along with taking this responsibility to lead a healthy life.

PRACTICE

It's one thing to be aware of the truth, make healthy choices based on it, and make the commitment to be tobacco-free, but it's another to follow through. It's not easy to say no to friends. You will learn that true friends never ask you to smoke. Team up with other kids who have goals like yours, and who are willing to make the same commitment to stay tobacco-free as you have. There is strength in numbers. The majority of kids don't smoke and don't want to take the risk of trying cigarettes. Stick to your convictions and live a tobacco-free, healthy life.

TOBACCO-FREE CONTRACT



I, _____, will lead a tobacco-free life by doing the following:

I agree to avoid engaging in activities with people who smoke, and going places where smoking takes place.

I agree to refuse all cigarettes.

I agree to be drug tested at any time requested by my parents / guardians.

In return for leading a responsible, tobacco-free life, I will be given the following privileges:

I understand that these privileges can be revoked if at any time I do not honor this agreement.

Signed,

Student

Date

Agreed and accepted by

Parent / Guardian

Date



FOR SMOKERS ONLY...

FOR SMOKERS ONLY



Nicotine: A Powerful Addiction

You probably didn't plan to become addicted to nicotine when you first started smoking. Most people don't. However, it's a known fact that some people become addicted with the first cigarette they smoke.

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

Quitting is hard. Usually people make two or three attempts, or more, before finally being able to quit. Each time you try to quit, you will learn what works and what doesn't.

Quitting takes hard work and a lot of effort, but you can quit smoking.

Good Reasons for Quitting

Quitting smoking is one of the most important things you will ever do.

You will live longer and live better.

Quitting will lower your chance of having a heart attack, stroke, or cancer.

If you are pregnant, quitting smoking will improve your chances of having a healthy baby.

You will have extra money to spend on things other than cigarettes.

You have an incredible advantage over adult smokers—you are young and you still have time to reverse the damage you've done! The shorter the time you've smoked, the higher the chances that you can quit now and get your lungs back to their original, pre-smoking state.

The longer you smoke, the harder it is to quit. Give quitting a shot. It's worth it—not only will you feel better physically, you'll feel better about yourself for making the commitment.

For Smokers Only

THE FOUR D'S OF QUITTING

Studies have shown that these four steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. DECIDE
2. DEEP BREATHING
3. DRINK WATER
4. DO SOMETHING ELSE

1. DECIDE

Get Ready

Set a quit date and make a commitment to quit smoking.

Get Support and Encouragement

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

Tell your family and friends that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out in the open.

Talk to your health care provider (for example, doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor).

It is good to let other people know that you are quitting—they will encourage you. Clue them in that you might be irritable. Ask them to cut you a little slack.

Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting.

Try to convince all of your friend who smoke to quit so that you can all support each other and quit together.

Change your environment. Get rid of all cigarettes and ashtrays, and any other smoking paraphernalia. Don't let people smoke near you or in your home. Review your past attempts to quit. Think about what worked and what did not.

Once you quit, don't smoke—NOT EVEN A PUFF!

For Smokers Only

THE FOUR D'S OF QUITTING

2. DEEP BREATHING

Try to keep calm and cool. Take slow, deep breaths. Stick with it until you feel relaxed and in control. Here's how:

Take a deep breath, in through your nose.

Hold the breath for a count of four.

Then breathe out slowly, through your mouth.

Repeat these steps four or five times, or until you feel calm.

Place your hands on your stomach to make sure you are breathing deeply. You should feel your stomach rise as you breathe in.

3. DRINK WATER

Try to drink eight glasses a day.

4. DO SOMETHING ELSE

Because nicotine is such a short acting drug, the physical cravings for nicotine usually subside in about 72 hours once you are nicotine free. But that's the easy part. What takes longer are the psychological triggers that will continue to crop up. When the urge to give in to cigarettes crops up, do something else!

Distract yourself with a different activity.

Play basketball.

Chew some sugar-free gum.

Listen to your favorite music.

Work a crossword puzzle.

Look at a magazine.

Brush your teeth!

Take a hot bath, exercise, or read a book.

Learn New Skills and Behaviors

Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.

Plan something enjoyable to do every day.

Basically, DELAY. Do something else. It takes about five minutes to smoke a cigarette. If you can do something else, usually the urge to smoke will pass and you won't think about it for a while. When it comes up again, remember your decision to quit smoking, do deep breathing, drink water, and delay—do something else!

THE FOUR D'S OF QUITTING

(Continued)

Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. Here are some difficult situations to watch for:

Other Smokers. Being around smoking can make you want to smoke.

Weight gain. Many smokers will gain weight when they quit, usually less than ten pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking.

Bad mood or depression. There are a lot of ways to improve your mood without smoking. Look for them. Make a list. Do them!

If you are having problems with any of these situations, talk to your doctor or other health care provider.

Special Situations or Conditions

Studies suggest that everyone can quit smoking. Your situation or condition can give you a special reason to quit.

Pregnant women/new mothers. By quitting, you protect your baby's health and your own.

Young people. Unlike adults, there is still a chance that you can reverse the physical damage done by smoking. Quit today before you get a day older.



THE FOLLOWING HANDOUTS ARE FOR TEACHERS AND PARENTS ONLY

IMPORTANT NEWS FOR TEACHERS AND PARENTS
from Discover Films

Facts on Sports and Smoke-Free Youth

Research has shown that students who participate in interscholastic sports are less likely to be regular and heavy smokers. Students who play at least one sport are 40% less likely to be regular smokers and 50% less likely to be heavy smokers. Regular and heavy smoking decreases substantially with an increase in the number of sports played. (Escobedo LG, Marcus SE, Holtzman D, Giovino GA. Sports participation, age at smoking initiation, and the risk of smoking among US high school students. JAMA, March 17, 1993; 269:1391-1395.)

The lower rates of smoking for student athletes may be related to a number of factors: (Escobedo, 1993)

- Greater self-confidence gained from sports participation.

- Additional counseling from coaching staff about smoking.

- Reduced peer influences about smoking.

- Perceptions about reduced sports performance because of smoking.

- Greater awareness about the health consequences of smoking.

Special Benefits for Girls...

Smoking becomes a way for preteen and teen women to build a sense of self and stay connected with peers in the face of enormous pressures to be beautiful, successful, sophisticated, thin, independent, and popular -- seductive images that are reinforced in movies, music videos, and advertising. (Edwards P. Evening the odds: Adolescent women, tobacco and physical activity. Ottawa: Canadian Association for the Advancement of Women and Sport and Physical Activity, 1995.)

Sports and physical activity are positive, viable alternatives to smoking in the lives of young women. They can give adolescent women the very benefits they perceive in smoking: independence, status with their peers, a chance to make friends, relaxation, weight management, and a more positive sense of self. (Edwards P, 1995)

- Girls who play sports have higher levels of self-esteem and lower levels of depression than girls who do not play sports. (Edwards P, 1995)

- Girls who play sports have a more positive body image and experience higher states of psychological well being than girls and women who do not play sports. (Edwards P, 1995)

- Girls who play sports learn about teamwork, goal-setting, the experience of success, the pursuit of excellence in performance, how to deal with failures, and other positive behaviors -- all of which are important skills for the workplace and life. (Edwards P, 1995)

Preventing Tobacco Use Among Young People

A Report of the Surgeon General AT-A-GLANCE (1994)

More than 400,000 premature deaths occur each year in the United States from tobacco-related causes. This epidemic is totally preventable---and the key opportunities for prevention are childhood and adolescence.

"Most people who are going to smoke are hooked by the time they are 20 years old."
M. Joycelyn Elders, M.D., former Surgeon General

Why Keeping Kids Tobacco-Free Is Important

Tobacco use usually begins in early adolescence, typically by age 16. Almost all first use occurs before young people graduate from high school. If adolescents can be kept tobacco-free, most will remain tobacco-free for the rest of their lives.

- At least 3.1 million adolescents are current smokers. Smoking is most common among 17- and 18-year-olds; about 25 percent of these young people smoke.
- By age 18, about two-thirds of young people in the United States have tried smoking.
- Nicotine is generally the first drug used by young people who use alcohol, marijuana, and harder drugs.
- Adolescent tobacco use is associated with being in fights, carrying weapons, and engaging in higher-risk sexual behavior.

Major Conclusions

1. Nearly all first use of tobacco occurs before high school graduation.
2. Most young people who smoke are addicted to nicotine and report that they want to quit but are unable to do so.
3. Tobacco is often the first drug used by young people who use alcohol and illegal drugs.
4. Among young people, those with poorer grades and lower self-images are most likely to begin using tobacco.

5. Cigarette advertising appears to increase young people's risk of smoking by conveying that smoking has social benefits and that it is far more common than it really is.
6. The most effective preventive programs are community wide ones that combine education and public policy approaches.

Early Smoking, Early Consequences

The younger a person begins smoking, the greater the risk for developing the numerous illnesses associated with smoking. Even teens experience these adverse health effects:

- General decrease in physical fitness.
- Increased coughing and phlegm.
- Greater susceptibility to and severity of respiratory illnesses.
- Early development of artery disease, a possible precursor of heart disease.
- Slower rate of lung growth—and, by adulthood, possible reduced level of normal lung function.

Tobacco Use: It's an Addiction, Not Just a "Bad Habit"

Nicotine addiction makes quitting smoking as hard as quitting heroin, cocaine, or alcohol. For most smokers, nicotine addiction begins during childhood or adolescence.

- Most young people who have smoked as few as 100 cigarettes in their lifetime report that they would like to quit—but can't.
- Young people develop tolerance for, and become dependent on, nicotine as quickly as adults do, and young people have just as hard a time quitting.
- A long-term national study found that 70 percent of high school seniors who smoked as few as one to five cigarettes a day were still smoking five years later, and most of these were smoking more cigarettes a day.

Smokeless Tobacco: Unsafe Alternative

Smokeless, chewing, dipping, spitting tobacco is definitely not a safe alternative to smoking. Many young people, however, do not know that even in the short term,

smokeless tobacco is a dangerous alternative to cigarettes. Adolescent users of smokeless tobacco

- Have early signs of gum disease.
- Develop lesions in their oral soft tissue—a possible warning sign of cancer.
- Are much more likely than nonusers to become cigarette smokers.

Pressures to Use Tobacco

Almost all adolescents will at some time feel pressured to try tobacco.

- Peers, siblings, and friends are powerful influences. The most common situation for first trying a cigarette is with a friend who already smokes.
- Young people are sensitive to perceived signals that smoking is the norm. These signals include visible public smoking, the availability of cigarettes to minors, and the widespread promotion and advertising of tobacco products.
- A 1992 national sample found that 87 percent of the adolescents surveyed could recall recently seeing one or more advertisements for tobacco products.

Tobacco Sales: In Search of New Consumers

The tobacco industry loses—and therefore must replace—some two million consumers each year, either because they quit smoking or because they die. Studies show that the vast majority of new consumers will come from the ranks of young people. Intentionally or not, then, successful tobacco marketing influences adolescents.

- Print media remains an important source of tobacco advertising. After automobiles, cigarettes are the most heavily advertised retail product in print.
- Young people may be repeatedly exposed to outdoor billboards portraying apparent benefits of tobacco use, especially in inner-city neighborhoods.
- Increasingly, tobacco companies market their products through promotional activities that reach youth. These activities include sponsoring sporting and musical events, distributing specialty items that bear brand names, and encouraging stores to carry point-of-sale displays.

"Clearly, young people are being indoctrinated with tobacco promotion at a susceptible time in their lives."

M. Joycelyn Elders, M.D., former Surgeon General

Pictures of Health? Misleading Images in Tobacco Advertising

Ads for tobacco products have become short on words and facts—and long on visual images that suggest positive associations.

- Cigarette ads visually associate smoking with independence, healthfulness, adventure-seeking, and physical attractiveness—themes that appeal to young people.
- These attractive pictures suggest that smoking is a powerful tool for improving self-image. Young people with low self-esteem are particularly receptive to this message.
- The pervasiveness of cigarette advertising may suggest that smoking is more common than it really is. Young people are far more likely than adults to greatly overestimate the prevalence of smoking.

Prevention: Programs That Work for Young People

Promising results have been seen in school-based programs that teach young people how to resist social influences to smoke. Such programs are even more successful when they are supported in the adolescent's home and community.

Other measures that appear to discourage youth from trying tobacco include

- Taxes that raise the price of cigarettes.
- Strongly enforced laws that prohibit the sale of tobacco to young people.
- Policies in the school, workplace, and community that restrict smoking.

Most Americans strongly favor policies that might prevent tobacco use among youth.

Facts at a Glance . . .

- Male and female adolescents are equally likely to smoke cigarettes. Males are much more likely than females to use smokeless tobacco.
- White adolescents are more likely to use tobacco than are black and Hispanic adolescents; whites are much more likely to be heavy or frequent smokers.
- A 1992 survey found that 32 percent of high school students had tried smokeless tobacco. Most of these were males.
- Young people who come from a low-income family and have fewer than two adults

living in their household are especially at risk for becoming smokers.

- In various studies of minors' access to tobacco products, from 32 to 87 percent of underage youths were able to purchase cigarettes over the counter. When the minors tried to purchase cigarettes through vending machines, they were almost always successful.

Teen smoking declines sharply in 2002, more than offsetting large increases in the early 1990s.

ANN ARBOR, Mich.—American young people are turning away from cigarette smoking at a pace that should bring cheer to parents, educators, and health professionals alike. Teen use of cigarettes has been dropping steadily and substantially since the peak rates in 1996 and 1997. Between 2001 and 2002, the proportion of teens saying that they had ever smoked cigarettes fell by four or five percentage points in each grade surveyed (eighth, tenth, and twelfth)—more than in any recent year.

“I cannot overemphasize how important these developments are to the health and longevity of this generation of young people,” said Lloyd Johnston, principal investigator of the study and lead author of the forthcoming report with fellow social psychologists Patrick O’Malley and Jerald Bachman. “Smoking remains the leading preventable cause of premature death and disease in this country. Therefore, significant reductions in smoking translate into a great many lives lengthened and even larger number of serious illnesses prevented—including heart disease, stroke, cancer, and emphysema.”

Following the recent peak in 1996, smoking rates for eighth-graders have dropped by half. Current smoking (any use in the past 30 days) fell from 21 percent to 10.7 percent; current daily smoking fell from 10.4 percent to 5.1 percent; and current half-pack-a-day smoking fell from 4.3 percent to 2.1 percent. Among tenth-graders, rates have dropped by nearly half, and among twelfth-graders by about a quarter to a third.

Young people in middle and high school have clearly become less accepting of cigarette smoking, and that trend continued in 2002. The younger students are the least accepting of smoking, with 85 percent of the eighth-graders in 2002 saying they disapprove of someone smoking at a pack-a-day level, compared with 81 percent of the tenth-graders and 74 percent of the twelfth-graders.

But perhaps of most importance to teens is how their peers feel about dating someone who smokes. The proportions saying that they prefer to date non-smokers rose to 81 percent of eighth-graders by 2002 (up from 71 in 1996), 76 percent of tenth-graders (up from 68 percent in 1997), and 72 percent of twelfth-graders (up from 64 percent in 1997). This aversion to dating smoking is about equally strong among males and females.

“It now appears that taking up smoking makes a youngster less attractive to the great majority of the opposite sex,” Johnson concluded, “just the opposite of what cigarette advertising has been promising all these years. I think this is something that teens need to know, because it may be the most compelling argument for why they should abstain from smoking or, for that matter, quit if they have already started.”

SOURCES & RESOURCES



Information Agencies

Agency for Healthcare Research and Quality (AHRQ)
2102 East Jefferson Street, Suite 501
Rockville, MD 20852
(301) 594-1364
www.ahrq.gov

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800) AHA-USA1 (242-8721)
www.americanheart.org

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333
www.cancer.org

American Lung Association
1740 Broadway, 14th Floor
New York, NY 10019
(212) 315-8700
www.lungusa.org

Centers for Disease Control and Prevention (CDC).
Office on Smoking and Health
1600 Clifton Road
Atlanta, GA 30333
<http://www.cdc.gov>
(202) 512-1800

SOURCES & RESOURCES (CONTINUED)

National Cancer Institute
Bethesda, MD 20892
(800) 4-CANCER (422-6237)
www.nci.nih.gov

National Heart, Lung, and Blood Institute (NHLBI).
NHLBI Health Information Center
Attention: Web Site
P.O. Box 30105
Bethesda, MD 20824-0105
www.nhlbi.nih.gov

University of Wisconsin Medical School's Center for Tobacco Research and
Intervention (CTRI)
The UW-Center for Tobacco Research and Intervention
1930 Monroe St., Suite 200
Madison, WI 53711
Telephone: (608) 262-8673
Fax: (608) 265-3102
www.ctri.wisc.edu

SOURCES & RESOURCES (CONTINUED)

Internet References

“You Can Quit Smoking.” Consumer Guide, June 2000. U.S. Public Health Service
<http://www.surgeongeneral.gov/tobacco>
Tobacco Cessation Guidelines Index
Surgeon General Home Page
U.S. Department of Health and Human Services

Books and Periodicals

AJHP. Arday DR, Giovino GA, Schulman J, Nelson DE, Mowery P, Samet JM, et al.
Cigarette smoking and self-reported health problems among U.S. high school
seniors, 1982-1989, p. 111-116.

CDC, Preventing Tobacco Use Among Young People—A Report of the Surgeon
General, 1994.

Lew EA, Garfinkel L. Differences in Mortality and Longevity by Sex, Smoking Habits
and Health Status. Society of Actuaries Transactions, 1987.