

smokestoppers

- **“No thanks, I don’t smoke.”** Expect the peer pressure! Friends who smoke can be convincing but you can handle tough social situations by practicing this basic refusal. The more you practice, the easier it will become.
- **Do the Math! It’s a No-Brainer!** Smoking is expensive. Calculate your weekly, monthly and yearly cost of smoking. That’s a lot of clothing, sneakers, phones, and other electronic gadgets...not to mention spending money for college!
- **Teens are Vain!** Smoking isn’t glamorous! It’s smelly. It gives you bad breath, and your clothes and hair stink. Your teeth turn yellow and it gives you wrinkles. You’re always short of breath, so you can’t try out for any sports.
- **It’s Harder than Heroin or Coke or Alcohol to Quit!** Smoking is an addiction to Nicotine. Once you start, you are hooked, and it’s tough to quit. (It takes the average adults between 8 and 12 times to successfully quit; that’s why it’s better to never even start!)
- **Bad Things Only Happen to Other People!** Teens think they are invincible. But smoking causes 90% of lung cancers and has a 20-year clearance rate. Tobacco use is responsible for almost 33% of all cancers! It is the leading cause of heart disease as it restricts blood flow and causes hardening of the arteries. It interferes with fertility and sexual performance.
- **Be a Role Model!** If you are a teen, be a role model for your siblings. They will copy you! If you are a parent who smokes, QUIT! There are many sources to help you stop smoking. In the meantime, explain to your children how unhappy you are with your smoking, how difficult it is to quit, and that you will keep trying until you stop smoking for good.
- **Understand the Attraction, and then Just Say No!** Parents must understand that it may be rebellion, a way to fit in with a group of friends, an attempt to lose weight or to feel cool or independent. Ask your teen how they feel about smoking; applaud their good choices and talk about the consequences of their bad choices. Tell your teen that smoking isn’t allowed. Teens whose parents set the firmest smoking restrictions tend to smoke less than teens whose parents don’t set limits.
- **It’s Bigger Than Just Cigarettes!** Don’t Be Fooled! E-cigarettes/hookah pens/vape pipes, cigars and spit tobacco are addictive and can cause cancer and other health problems. Many of these deliver higher concentrations of nicotine, carbon monoxide and other chemicals. They are not less harmful or addictive.