

The Facts on Youth and Tobacco

Every day over 4,000 youth between the ages of 12 and 17 start smoking . Most young people do not know that tobacco is a powerful drug that kills more than 440,000 people each year. Due to advertising and peer pressure youth start this dangerous habit which can have bad consequences on health, looks and their pockets.

Tobacco & Your Health

- Tobacco is a highly addictive DRUG.
- The addictive drug in tobacco is called NICOTINE.
- Tobacco comes in the forms of cigarettes, cigars, dip, chew and snuff.
- Tobacco use is harmful to youth because their bodies are still growing .
- Tobacco use can cause cancer in many parts of the body especially the lungs.
- Youth as young as 19 yrs. old have died from using tobacco.
- Secondhand smoke, smoke exhaled by smokers and inhaled by nonsmokers is just as harmful as smoking.
- Secondhand smoke can cause cancer asthma, bronchitis and even death.



Tobacco & Your Looks

Smoking can ruin how you look and your ability to do certain things.

- Smelly clothes and hair
- Takes shine out of your skin and hair
- Yellow teeth and fingers
- Wrinkles
- Bad breath
- Sores in or on your mouth
- Decreases energy
- Lack of energy for sports or other activities
- Bad cough

You don't need tobacco to be popular or to fit in. Be yourself, be happy and be healthy!



FACT:

Most people do not smoke. Those who do want to quit, but find it very hard.

BE IN THE MAJORITY!

Tobacco & Your Money

- Tobacco is a big business and they only want your money.
- Tobacco companies spend millions to convince you to buy their products.
- Tobacco companies target young people to replace the older smokers that have quit or have died from tobacco use.
- Tobacco companies put ads in magazines, movies and use celebrities to lure you.
- Fruity and sweet flavors are added to tobacco to make it taste good to kids.
- Money is their only concern– not your health!

Do the Math

If you bought a pack of cigarettes that cost \$5, plus tax, how much would you spend in a week, a month or even a year?



Think...What could you buy with the money you save?

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