

## “Smoking Stinks!”

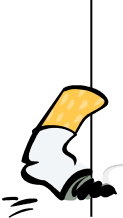
**Smoking is one of the worst things kids or adults can do to their bodies.**

- One out of three fifteen year olds smoke (those are students in grade 10)
- 50% of Canadian youth have tried a cigarette by the age of 12 (that's grade 6!)
- Thirteen is the average age at which a person will start smoking (that's grade 7!)



Smoking can cause:

- Hearing and vision loss
- Arthritis
- Chronic coughing, more phlegm (mucus) in your mouth and asthma
- Decrease in athletic performance. Think about it: you can't run as fast or jump as high if you can't breathe properly!
- Cancer of the mouth, gum disease, tooth decay, and yellow staining of the teeth
- Peptic ulcers, pancreatic cancer, bladder cancer, kidney and liver damage
- Heartburn
- Diarrhea
- Decreased circulation in the fingers and toes
- Yellowing of fingernails and toenails
- Bad breath
- Wrinkles
- Smelly clothes
- Empty wallet – cigarettes and tobacco are very expensive!
- Unclean air in the environment



**Butt Out!**

### What's It Like?

Usually, people don't like smoking or chewing tobacco at first. Your body is smart, and it knows when it's being poisoned. When people try smoking for the first time, they often cough a lot and feel pain or burning in their throat and lungs. This is your lungs' way of trying to protect you and tell you to keep them smoke free.

Also, many people say that they feel sick to their stomachs or even throw up. If someone accidentally swallows chewing tobacco, they may be sick for hours.

Yuck!

### Wonder why people call cigarettes cancer sticks?

- There are 4500 chemicals in tobacco smoke – more than 50 are known to cause cancer.
- Smoking is related to almost 90% of all cases of lung cancer cases



## Smoking Stinks Quiz



1) Approximately how many chemicals are in cigarettes?

- A. 50
- B. 860
- C. 2,400
- D. 4,500

Answer: D. Gross! Smoking fills the air with around 4,500 chemicals and at least 50 of them cause cancer.

2) How much do you need to smoke to cause your heart to beat faster?

- A. One puff
- B. One cigarette
- C. One pack
- D. No one knows

Answer: A. Ick! This fact leaves us breathless.

3) Which is the most addictive drug?

- A. Tobacco
- B. Alcohol
- C. Cocaine
- D. Heroine

Answer: A. Scary! Nicotine in cigarette tobacco is a very addictive drug.

4) Smoking can cause:

- A. Yellow fingers
- B. Heart attacks
- C. Baldness
- D. all of the above

Answer: D. Bleck! People who smoke are typically sick more often than people who don't smoke.

5) How many people die in BC a year because of tobacco use?

- A. 1,000
- B. 2,000
- C. 5,000
- D. 6,000

Answer: D. Yuck! Smoking kills more people in BC than all other drugs, motor vehicle collisions, murder, suicide and HIV/AIDS combined. Tobacco kills 16 people every day in BC.

6) How much does the average Canadian teen smoker spend on cigarettes?

- A. \$750/year
- B. \$1000/year
- C. \$1500/year
- D. \$2500/year

Answer: C. Blah! Imagine what you could buy with \$1500! Smoking is like burning money.

7) If you smoke you are \_\_\_\_\_ times more likely to die of lung cancer.

- A. 2
- B. 5
- C. 10
- D. 20

Answer: D. Scary! If you want to die of lung cancer, start smoking.

8) How many cigarettes to Canadian teenagers smoke in one year??

- A. 1 billion
- B. 3.5 million
- C. 10 million
- D. 16.5 million

Answer: A. Gross! Imagine that many cigarette butts tossed on the ground.

9) How long does it take a cigarette butt to decompose?

- A. 25 years
- B. 1 year
- C. 5 years
- D. 10 years

Answer: A. Gross! Litter from smokers is destroying the environment.

10) Being in a smoke-filled room for \_\_\_\_\_ is the equivalent to smoking one cigarette!

- A. 10 minutes
- B. 1 hour
- C. 3.5 hours
- D. 2.4 days

Answer: B. Eeew! Hanging out with smokers can be bad for your health.

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