

TIPS FOR TEENS

THE TRUTH ABOUT TOBACCO

SLANG - CIGARETTES: SMOKES, CIGS, BUTTS. SMOKELESS TOBACCO: CHEW, DIP, SPIT TOBACCO, SNUFF

Get the facts...

Tobacco damages your health. Smoking is the most common cause of lung cancer. Smoking is also a leading cause of cancer of the mouth, throat, bladder, pancreas, and kidney. Smokeless tobacco can cause mouth cancer, tooth loss, and other health problems.

Tobacco affects your body's development. Smoking is particularly harmful for teens because your body is still growing and changing. The 200 known poisons in cigarette smoke affect your normal development and can cause life-threatening diseases, such as chronic bronchitis, heart disease, and stroke.

Tobacco is addictive. Cigarettes contain nicotine—a powerfully addictive substance. Three-quarters of young people who use tobacco daily continue to do so because they find it hard to quit.

Tobacco can kill you. Smoking is the leading preventable cause of death in this country. More than 400,000 Americans die from tobacco-related causes each year, and most of them began using tobacco before the age of 18.

Before You Risk it...

Know the law. It is illegal for anyone under 18 to buy cigarettes, smokeless tobacco, or tobacco-related products.

Stay Informed. Addiction to tobacco is hard to control. More than 80 percent of teens who use tobacco daily experience at least one symptom of withdrawal when they try to quit.

Keep your edge. The poisons in cigarettes can affect your appearance. Smoking can dry your skin out and cause wrinkles. Some research even relates smoking to premature gray hair and hair loss.

Be aware. It can be hard to play sports if you use tobacco. Smoking causes shortness of breath and dizziness, and chewing tobacco causes dehydration.

Think of others. Smoking puts the health of your friends and family at risk. Approximately 3,000 nonsmokers die of lung cancer each year from breathing other peoples' smoke.

Know the Signs...

If your friend has one or more of the following signs, he or she may be regularly using tobacco:

- Wheezing
- Coughing
- Bad breath

- Smelly hair and clothes
- Yellow-stained teeth and fingers
- Frequent colds
- Decreased senses of smell and taste
- Difficulty keeping up with sport and athletic activities
- Bleeding gums (smokeless tobacco)
- Frequent mouth sores (smokeless tobacco)

Tobacco use facts for Guam Youth:

Based on the results of the 2003 Youth Risk Behavior Survey:¹¹

- One of two (50% of all students surveyed) Middle School students and three of four (75% of all students surveyed) High School students have already tried using tobacco.
- One in four (23.3%) middle school students are current smokers.
- One in three (31.6%) high school students are current smokers.
- The percentage of middle school students who current smokers is increasing:

Year	Percentage of middle school students who are current smokers
1997	17.6%
2001	19.3%
2003	23.3%

- One in twelve (14.7%) middle school student smoked a whole cigarette before the age of 11
- 81.5% of high school students who are current smokers tried to quit smoking in the past 12 months; majority failed to quit. This indicates that already, these young people are addicted to tobacco.

The Youth Tobacco Survey 2002 highlights the determinants of smoking among Guam's Youth:

1. Living with a smoker
2. Having friends who smoke
3. Low self-esteem
4. Being receptive to advertising

For information and referrals:

Call the Department of Mental Health and Substance Abuse:
CRISIS HOTLINE - 647-8833
Drug & Alcohol Branch - 475-5438
Prevention and Training Branch
477-9079 thru 82 or 477-2301-4
Website: www.peaceguam.org
www.healthychoicesguam.org
National Clearinghouse for Alcohol and Drug Information (NCADI) at 800-729-6888

Q. Doesn't smoking help you relax?

A. No. Smoking can actually increase feelings of stress and nervousness. Break the cycle: Use drug-free strategies to calm your nerves like exercise and talking to your friends.

Q. Isn't smokeless tobacco safer to use than cigarettes?

A. No. There is no safe form of tobacco. Smokeless tobacco can cause mouth, cheek, throat, and stomach cancer. Smokeless tobacco users are 50 times more likely to get oral cancer than non-

users. Those smokeless tobacco users who don't develop some type of cancer are still likely to have signs of use, like stained teeth, bad breath, and mouth sores.

Q. Isn't smoking sexy?

A. Only if you think bad breath, smelly hair, yellow fingers, and coughing are sexy. Advertisements often portray smoking as glamorous and sophisticated, but think carefully about who created these ads and why.

QUESTION AND ANSWER

Do it today!
Check out the Web site at <http://www.freevibe.com> or visit the Office of National Drug Control Policy Web site at <http://www.whitehousedrugpolicy.gov>
SAMHSA's National Clearinghouse for Alcohol and Drug Information 800-729-6888 / TDD 800-487-4889
linea gratis en español 877-767-8432
Website: ncadi.samhsa.gov

It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.

The bottom line: If you know someone who is using tobacco, urge him or her to quit. If you are using it—stop! The longer you ignore the real facts, the more chances you take with your health and well-being.

To learn more about tobacco or obtain referrals to programs in your community, contact:

MENTAL HEALTH &
SUBSTANCE ABUSE



Through Phone/Fax:

Phone: 671-477-9079 thru 9083

Fax: 671-477-9076

On The Web: www.peacegum.org

www.healthchoicesgum.org

INFORMATION

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