

TIPS *for* TEENS Tobacco Use



peerhealth

SLANG FOR CIGARETTES:
SMOKES • CIGS • BUTTS

**SLANG FOR SMOKELESS
TOBACCO:** CHEW • DIP • SPIT
TOBACCO • SNUFF

Get The Facts

TOBACCO USE DAMAGES YOUR HEALTH.

Smoking, which is the most common cause of lung cancer, is also a leading cause of cancer of the mouth, throat, bladder, pancreas, and kidneys.

TOBACCO USE AFFECTS YOUR BODY'S DEVELOPMENT.

Smoking—including vaping, cigars, and hookah use—is particularly harmful for teens because your body is still growing and changing. Evidence shows that smoking has an impact on nearly every organ in a person's body.

TOBACCO CONTAINS ADDICTIVE INGREDIENTS.

Tobacco is a plant grown for its leaves, which are dried and fermented to put in tobacco products. It contains nicotine, an ingredient that can lead to addiction. The younger you are when you begin to smoke, the more likely you are to become addicted to nicotine. According to the 2014 Surgeon General's Report, nearly 9 out of 10 adult smokers first tried smoking before age 18.

TOBACCO USE CAN KILL YOU.

Cigarette smoking is responsible for about 480,000 deaths per year in the U.S. Worldwide, tobacco smoking and secondhand smoke combined cause nearly 7 million deaths per year.

Q&A

IS SMOKING POPULAR? WHY DO PEOPLE SMOKE?

There are many reasons why young people might use substances—it's important to get the facts and do what's best for your health.

IS SMOKELESS TOBACCO SAFE?

NO. No form of smokeless tobacco is safe. It contains at least 30 chemicals that are known to cause cancer.

DO MOST TEENS SMOKE?

NO. Although the majority of teens don't smoke, it's important to remember that cigarette use among teens is still harmful and should be prevented from becoming more popular.

Learn More:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.



A note on harm reduction:

Harm reduction can help manage the risks and benefits of using substances (alcohol, drugs) for personal health.

Harm reduction does not encourage drinking or substance use, especially if you are underage. Harm reduction acknowledges that there are ways young people can and might reduce harm if using substances

Harm reduction helps us understand how to best take care of our personal and community health while still acknowledging that not everyone will refrain from using substances altogether. For more resources on harm reduction, please visit, <https://www.release.org.uk/drugs-health-advice>