

# ***Smoking and teenagers***

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# ***Smoking and Health***

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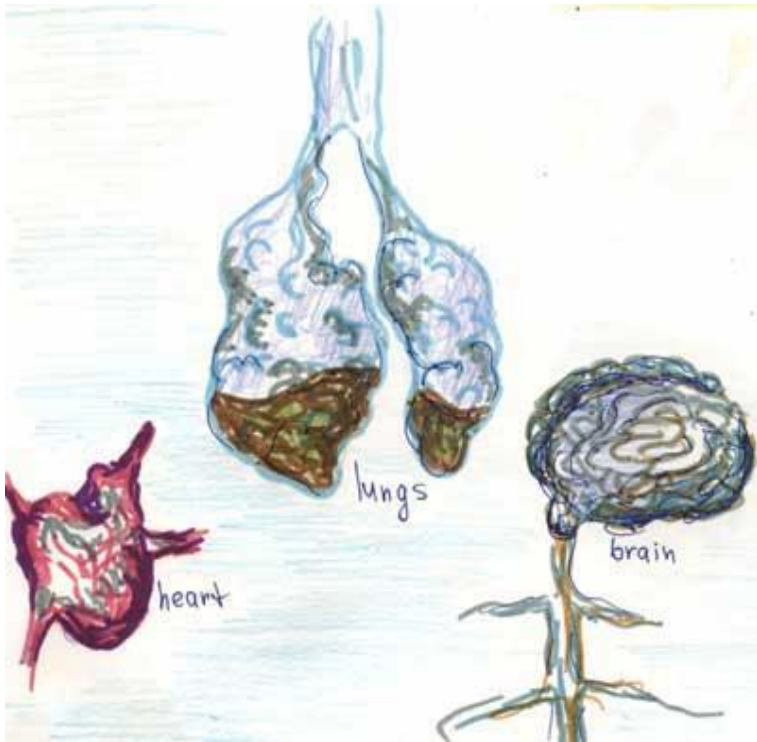
Do you think you smoke cigarettes?  
No! Cigarettes smoke you and your health!

Every year about five million people lose their lives because of smoking.

Smoking is the single most important preventable cause of death. It causes the two most deadly diseases: heart disease and lung cancer, as well as other deadly diseases.

# ***What happens?***

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These organs are most affected by smoking. A cigarette contains substance called nicotine, that gives pleasure to smokers. Nicotine is a poison. The scientists say nicotine can kill a person when taken in large amounts.

# ***Smoking***

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## **Causes ...**

- ✓ a cough
- ✓ cancer
- ✓ heart disease
- ✓ pneumonia



## **Makes ...**

- ✓ teeth yellow
- ✓ skin unhealthy
- ✓ hair and clothes  
smell
- ✓ brain centres sleep

## **Affects ...**

- ✓ the whole family
- ✓ people around you



# *Why do people smoke?*

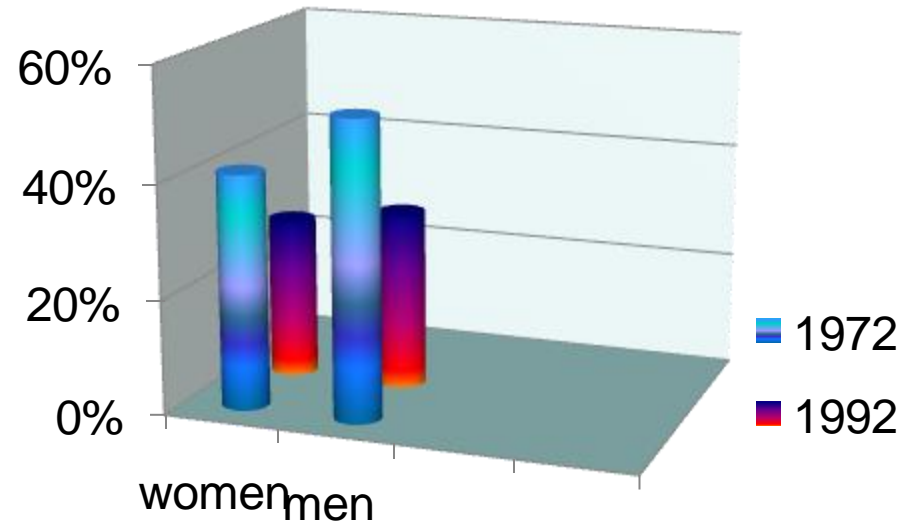
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- Many people started smoking long before they learned how unhealthy it was, and now it is hard for them to stop.
- Some people start smoking because they think it is "cool".
- All their friends are smokers and they don't want to be the odd ones out.
- His/her family smoked so he/she wanted to try it.
- Some may just be foolish enough to think that smoking will not harm them.



# *Smokers in the UK*

- Using tobacco is becoming less and less popular every day. Many organizations are working hard to warn people about the danger of smoking. This is good, because the more a person knows about smoking, the less likely it is he will ever start smoking.



# ***Smokers at our school***

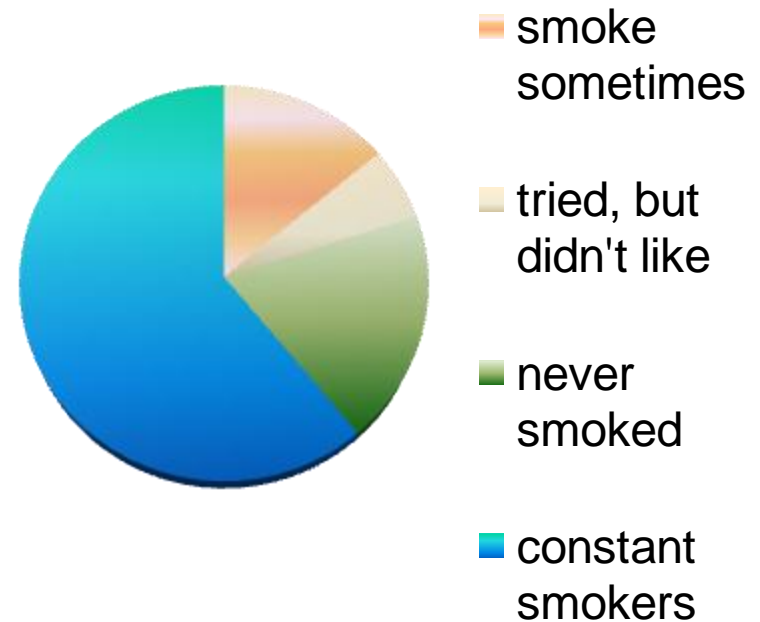
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128 pupils of 9<sup>th</sup> and 10<sup>th</sup> forms were asked about their attitude towards smoking.

Here are the results:

- ✓ 61% are constant smokers,
- ✓ 14% smoke sometimes,
- ✓ 6% tried, but didn't like,
- ✓ 19% never smoked.

## ***How often***

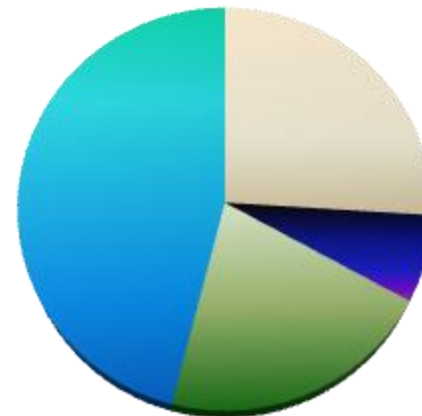


# ***Smokers at our school***

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- ✓ 46% began smoking a year ago,
- ✓ 21% have been smoking for two years,
- ✓ 7% have been smoking for 3 years and more,
- ✓ 26% have begun smoking recently.

***How long*** have just begun



■ three years and more

■ two years

■ one year



## ***Someone who unquestioningly follows the crowd is nothing more than a slave***

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People all over the world are concerned about danger of smoking but it is not easy to stop smoking permanently. Doctors say you probably will live longer if you do stop smoking. People think of ways how to prevent this bad habit. There are different ways of warning people about dangerous influence of smoking and one of them is anti-advertising. We have found some examples of such anti-advertising which were made by teenagers.

Look at them!



# *Anti - advertising*

20 cigarettes

**This pack  
will make  
your life  
5 hours  
shorter**

20 cigarettes



Let your lungs  
become a filter of cig-  
arettes factories

20 cigarettes



Your lungs are not  
fully black yet?  
Smoke more!

20 cigarettes



Make one more step  
to your death! Please,  
buy this pack!

# ***Measures against smoking***

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There is a law in our country which bans smoking in public places such as schools, cinemas, theatres. Smoking is also banned in offices, on the underground, in TV and radio ads.

An official warning is printed on all cigarette packets in our country.

