



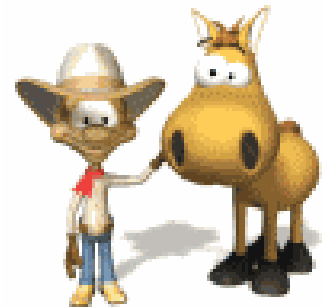
# Choosing to Live Tobacco Free

pp. 546-550

**Knowing the risks helps people  
stay tobacco free or quit!**

# Reduced Tobacco Use Among Teens!

- **Fewer and fewer teens are choosing to smoke! 22% today... 1997 36%**
- **Due to antismoking campaigns, cost, societal pressures, and family influence!**





# Benefits of being Tobacco-free

- **Lowers the risk of disease**
- **Improves overall health**
- **Look and smell healthier**
- **Don't have to plan your life around when you are having the next cigarette.**
- **Illegal in public places as of 2008!**



# Preventing Use

- **Chose friends who don't use tobacco**
- **Avoid situations where tobacco is going to be used!**
- **Practice those refusal skills!**



A vertical decorative bar on the left side of the slide, featuring a colorful triangle at the top and a blurred, multi-colored background below. The triangle is composed of blue, purple, and green segments. The bar itself has a gradient from light blue at the top to light green at the bottom.

# Why some teens still smoke!

- **Peer pressure and media influences.**
- **Want to feel mature and grown up.**
- **Believe smoking will help with weight, stress, and a crisis!**



# Why Teens Quit



- **Begin to have health problems**
- **They want to stop**
- **Expense**
- **Leads to other risky behavior**
- **Hard to get it...**
- **Don't want to harm others with second-hand smoke!**



# Stopping the addiction cycle...

- **Millions of people have quit!**
- **Nicotine withdrawal- process that occurs in the body when nicotine is no longer used. Symptoms are temporary!**



- **See Benefits on p. 548**



A vertical decorative bar on the left side of the slide, featuring a colorful, abstract pattern of green, blue, and purple. A large, semi-transparent triangle with a gradient from blue to purple is positioned at the top left, pointing towards the right.

# Withdrawal

- **Nicotine substitute-** a product that delivers small amounts of nicotine in the body while he or she is quitting.
- **Symptoms include:** irritability, anxiety, sleep disturbance, and severe cravings!





# Tips for Quitting



- **Prepare for the day: Set a date!**
- **Get support.**
- **Identify available services.**
- **Replace tobacco with something healthy!**
- **Change your behavior.**
- **Engage in healthy behavior!**

