



# Smoking means doing harm

## Why start smoking?

Even though we all know about the health risks connected to smoking, thousands of people decide to start every year - and a large number of adults who carry on smoking say that they started when they were under 16.

You may be pressured into starting by some of your friends, you may want to copy older relatives who smoke or you may just be curious about what it's like. Whatever sort of pressure you're put under, it's a lot easier to say no than taking up the habit and trying to give up after years of

regular smoking. It also costs a lot of money. If you get through 10 cigarettes a day, it costs over £1,000 every year. Think of all the stuff you could buy with that money!

People that breath secondhand smoke are at risk of the same diseases as smokers, including cancer and heart disease, because secondhand smoke contains 4,000 toxic chemicals. It is estimated that secondhand smoke causes thousands of deaths each year.

Even if you open a window, secondhand smoke will still be present in a room after two and a half hours! Even if you can't see or smell any smoke, it's probably still there. Smoking in a car is even worse because all of the smoke is concentrated into a small space.



*It's much better for you not to start!*

Did you know?

85% of secondhand smoke is invisible and odourless. Secondhand smoke contains 4,000 toxic chemicals, including 69 chemicals that cause cancer.

## Start Living

## The health risks

People who smoke regularly are more likely to develop certain illnesses when they get older. These include lung cancer, heart disease and emphysema. It can also reduce fertility. Al-

though nicotine is the thing that makes cigarettes addictive, it's the other chemicals that damage your health. There are also other physical effects of smoking that happen no mat-

ter how old you are, including:

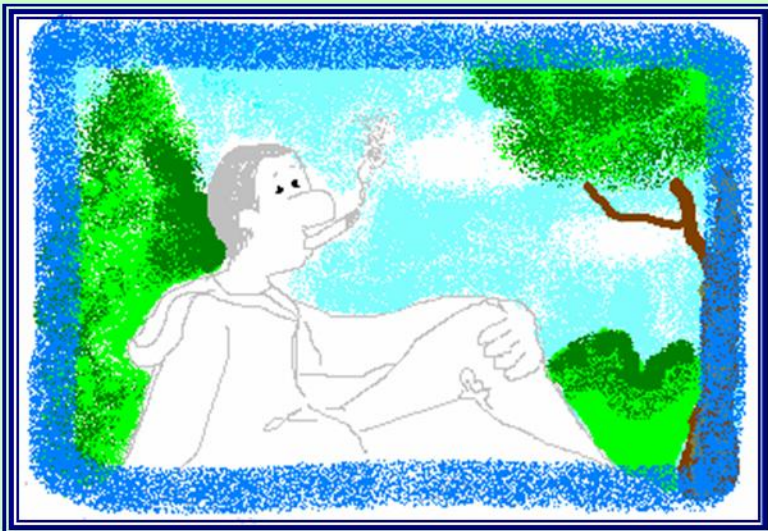
- damaged tastebuds
- ageing of the skin
- stained teeth
- smelly clothes

Smoking is unattractive and costs you loads of money. Just imagine yourself being smokefree. Feeling great and having that extra money in your pocket!



This night Tom has seen a dream.

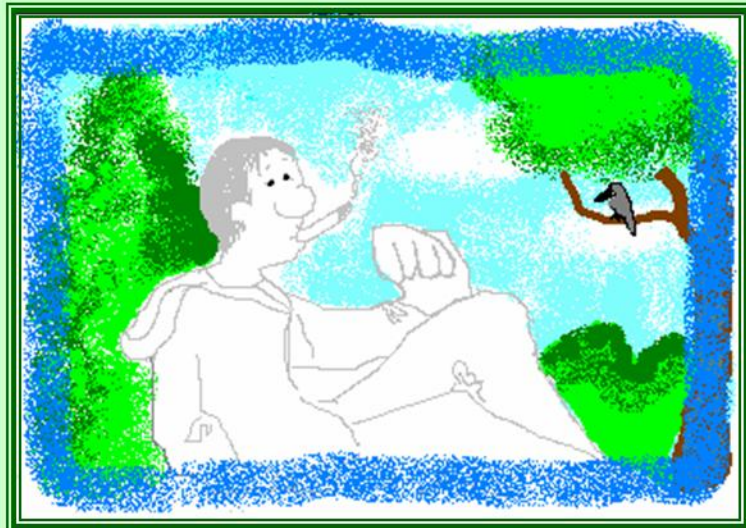
He sees as if he was sitting on the bench and smoking. It was OK!



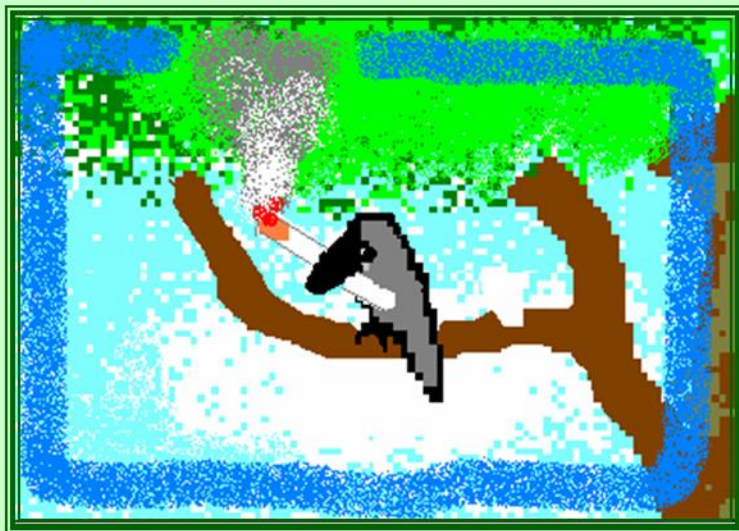
He feels nice.  
It's spring!



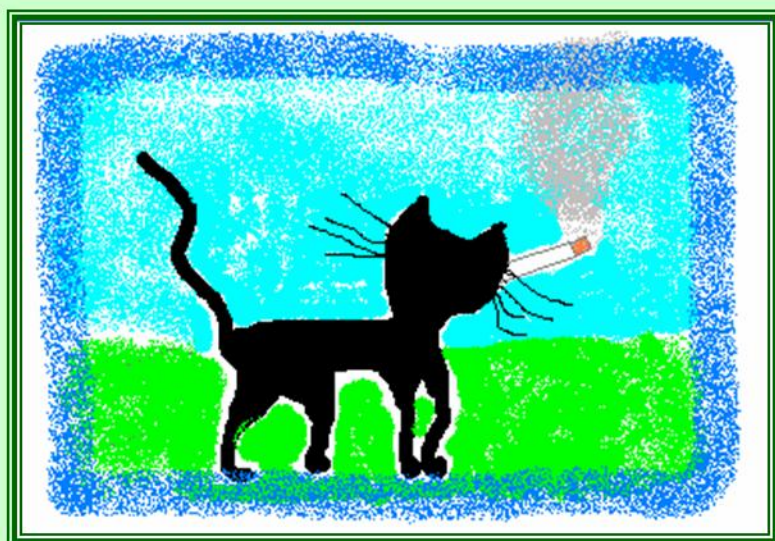
Suddenly he sees a crow  
in the tree.



Oh, dear!  
It's smoking, too.



Having turned around  
he sees a cat  
which is smoking, too!





Tom is shocked! The dog running nearby him has a cigarette in its mouth!

Tom is awoken at once!  
What a horrible dream!



He takes the pack of cigarettes out of his bag and throws it over the window. Tom realizes he must give up smoking.







In the morning Tom goes for work. He doesn't remember his terrible dream.

He sees his pack of cigarettes on the road and recalls everything.

He'll never smoke again!



It's much better for  
you not to start!



  
School No 174

## FEEL ATTRACTIVE AND CONFIDENT

- Get rid of that stale tobacco smell from your hair, skin and clothes.
- Look attractive with healthy, glowing skin, no tobacco stains on your teeth and fewer wrinkles.
- Feel more confident in public places because you won't be polluting the air or making other people breathe your secondhand smoke.
- Smoking is a big turn off to potential partners, so when you go smokefree, you might be surprised by the new attention you receive.

Have a fresh, attractive home without nicotine stains on the walls and reduce your risk of starting a house fire or burning your clothes.

## Benefits of going Smokefree



- You will reduce your risk of developing illness, disability or death caused by cancer, heart or lung disease.
- You will reduce your risk of gangrene or amputation caused by circulatory problems.
- You will protect the health of those around you by not exposing them to secondhand smoke.
- You will reduce the chances of your children suffering from asthma or glue ear.
- You will improve your fertility levels and your chance of a healthy pregnancy and baby.
- You will improve your breathing and general fitness.
- You will enjoy the taste of food more.
- You will save money - as much as several hundred pounds a month, if you're a heavy smoker.
- You will no longer smell of stale tobacco.
- The appearance of your skin and teeth will improve.
- You will feel more confident in social situations - you won't be worrying about the secondhand smoke you create anymore.
- As a non-smoker, you may even find you get approached more often by potential new friends and partners when out socialising.
- Your home will smell fresh and you will no longer be staining your walls with nicotine.

You will reduce the risk of fire in your home.

