

# Tobacco News for YOUth



## Fact

Most teens do NOT smoke, even though the tobacco industry wants you to believe they do. The truth is only 1 in 5 teens smoke.

## "Light" Doesn't Mean It's Right Or Safer For You!!!

In this day and age of low fat and light being better for your health, one can't help but to believe that light cigarettes are a healthy alternative. Big tobacco is constantly looking for ways to maintain and increase smokers by using deceptive marketing tactics. Light and ultra light cigarettes are constantly marketed to be the safer cigarettes. Well guess what..... Light cigarettes are no different than regular cigarettes. Many young smokers choose "low-tar", "mild" or "light" cigarettes because they

have been lead to believe that light cigarettes are less harmful and healthier. According to the National Cancer Institute, people who switch from regular cigarettes to light or ultra light cigarettes are likely to inhale the same hazardous chemicals, and they remain at high risk for developing smoking-related cancers and other diseases. The truth is light cigarettes do not reduce the health risks of smoking. The only way to reduce your risk is to not smoke and avoid being around anyone who smokes.



## *stand*

*stand* just released the newest gear to recognize the 53,000 nonsmokers who die from second hand smoke each year. Log on [www.standonline.org](http://www.standonline.org) to get your free bracelet.



***stand* UP!! Speak OUT!!  
Against Tobacco!!**



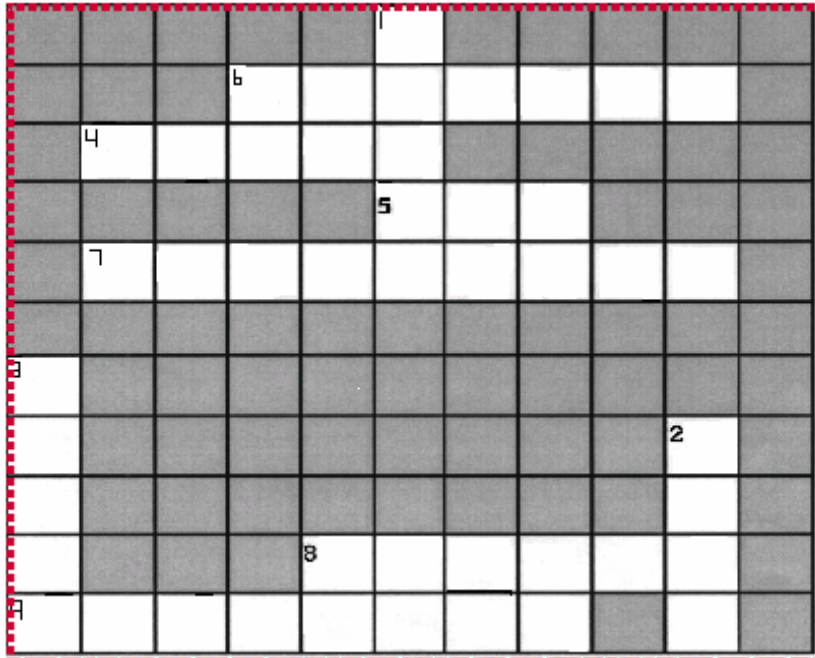
## Kick Butts Day



That's Right!! Kick Butts Day will be back this year and better than ever. We will be celebrating the tenth anniversary of Kick Butts Day, with nothing Butt fun activities. On April 13, 2005 thousands of youth from across the country with

STAND OUT, SPEAK UP, and SEIZE CONTROL in the fight against big tobacco. Make sure to mark your calendar for this special date. More information will be sent to your school!

# Knowledge Puzzle



Down 1. forty, 2. lung, 3. seven.  
Across 4. cigar, 5. tar, 6. tar, 7. emphysema, 8. carbon, 9. nicotine

## Down

1. The number of ingredients in cigarette smoke known to cause cancer
2. Leading cause of cancer deaths in women
3. It takes this many seconds for nicotine to reach a smoker's brain once inhaled

## Across

4. Smoking one of these is equal to smoking ten cigarettes
5. Black gooey substance that coats the lungs of a smoker
6. What is the #1 preventable cause of death in the US
7. When the air sacs of the lung are enlarged and damaged
8. \_\_\_\_monoxide interferes with the red blood cells ability to absorb oxygen to the smokers body
9. Drug in cigarettes that are more addictive than heroin, cocaine, and alcohol

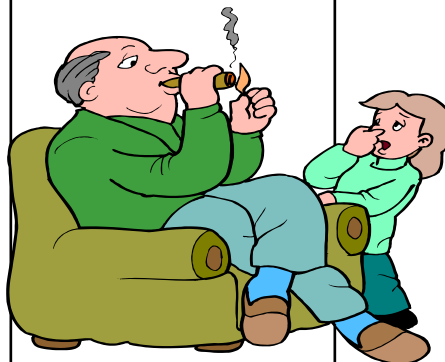
## What is Second hand-smoke? And is it HARMFUL???

Second hand smoke is any tobacco smoke given off of a cigarette, cigar, or pipe.

There are many different terms used for second hand smoke but, two frequently used terms are side stream smoke and main stream smoke. Side stream smoke is the smoke coming off the burning edge of a cigarette, cigar or pipe.

Main stream smoke is the smoke that is inhaled by a smoker then exhaled into the air. Side stream and main stream smoke contains over 50 carcinogens. When a smoker lights up a cigarette, cigar, or a pipe, the smoker inhales only 15% of the smoke while the other 85% becomes second hand smoke, and is inhaled by everyone around it.

When we look at all the different



chemicals in second hand smoke you can't help but to wonder what is it doing to my body? According to the Ohio Department of Health there are short and long term effects to the body caused by secondhand smoke:

### Short Term:

- \* Burning Eyes
- \* nose, and throat
- \* coughing
- \* increased breathing
- \* increased blood pressure

### Long Term:

- \* heart disease
- \* stroke
- \* lung disease
- \* lung cancer

Any smoke coming from a burning cigarette, cigar or pipe is a health problem for every one around it.