

TOBACCO

MYTH OR REALITY?

MYTH: Most middle schoolers smoke cigarettes.

Reality

94% of middle schoolers do NOT smoke.¹ Nonsmokers are in the majority.



MYTH: It takes a long time for tobacco to affect your body.

Reality

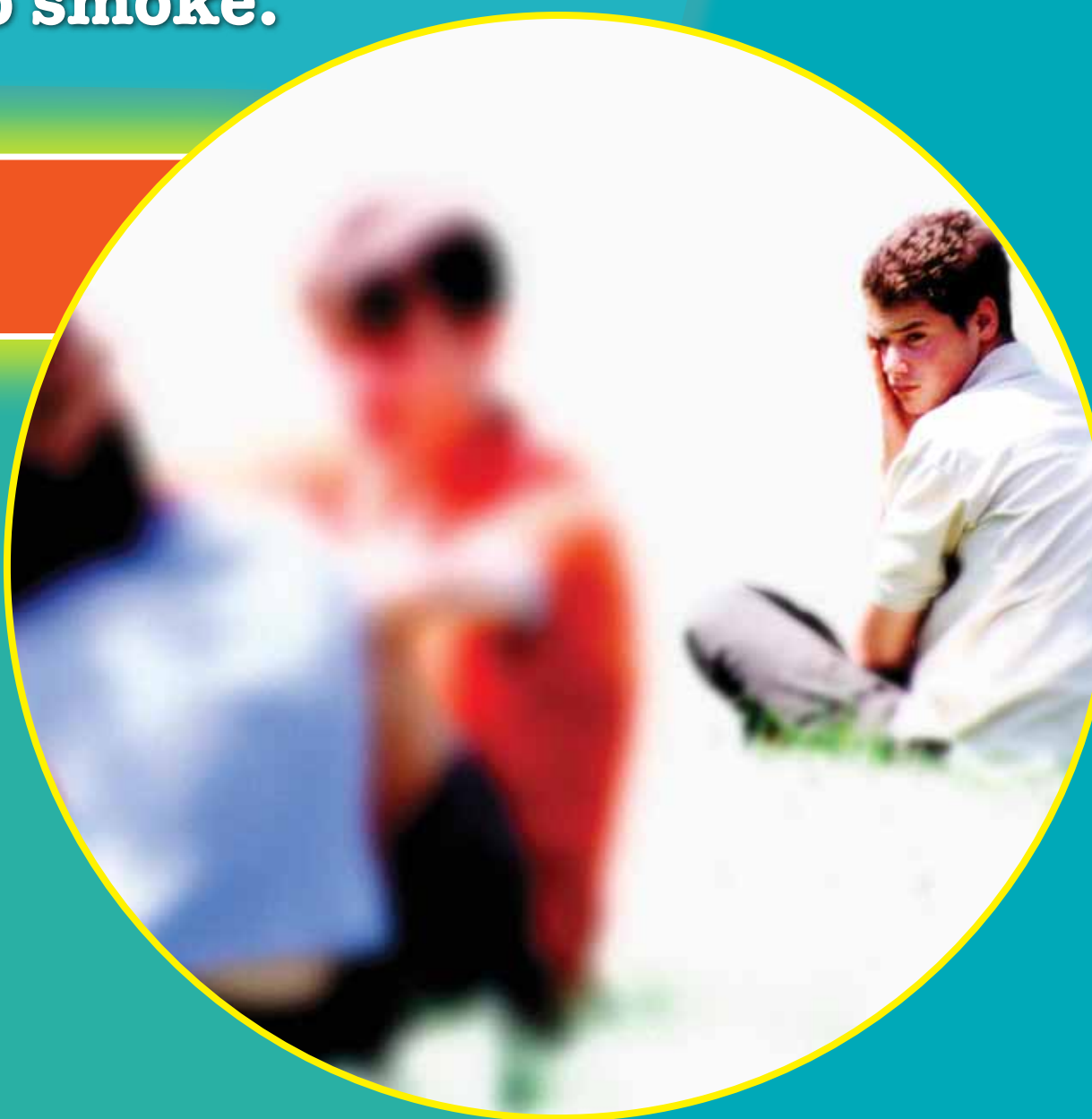
Teens who smoke are likely to be less physically fit and have more breathing problems, like coughing and wheezing, compared to teens who don't smoke.² Smoking also slows lung growth.² Let's not forget the smell!



MYTH: Young people don't mind hanging out with people their age who smoke.

Reality

Most teens strongly dislike being around smokers. And, even more teens say they would rather not date smokers!³



¹CDC. Smoking & Tobacco Use. *Fact Sheet— Youth and Tobacco Use: Current Estimates (updated May 2009)*. Available online at www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

²U.S. Department of Health and Human Services. *The Health Consequences of Smoking: what it means to you*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Available online at www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/whatitmeanstoyou.pdf

³The American Council on Science and Health (ACSH). *The Scoop on Smoking from ACSH: what every teen should know about tobacco*. Available online at <http://thescooponsmoking.org/xhtml/faq.php>

