

## Why do teens smoke tobacco?

- People they admire smoke.
- One or both parents smoke.
- Teens find acceptance by peers if they smoke too. (Peer pressure)
- Advertisements in teen popular magazines give the impression that smoking will illicit pleasure and that it's part of entering the adult world.
- Teens feel they can stop at any time. So, why not try it?
- Teen personal perceptions—they expect positive outcomes (i.e. weight loss, reduced stress, etc.).
- Lack of skills to resist influences to tobacco use.

More than 12% of high school students said they currently use 2 or more tobacco products.

Source: CDC's National Youth

Tobacco Survey

Cigarettes cause well over 450,000 deaths annually. (CDC)

### "The Heart Disease Generation"

Research shows...

- Smoking is the #1 cause of heart disease.
- 95% of adults began smoking before age 21.
- 60% of teens report they began smoking before age 13.
- 1.5 million packs of cigarettes are purchased for minors annually.
- On average, smokers die 13-14 years earlier than non-smokers \*Current trends show that 5.6 million children will die prematurely from smoking related diseases.

Smokers are more likely to...

- Get into fights
- Carry weapons
- Attempt suicide
- Engage in high-risk, sexual behaviors
- Suffer from mental health problems (i.e. depression)

The **longer a teen waits** before using tobacco the more likely it is they will **not** become a tobacco user. Plus, raising the purchasing age to 21 makes it just that much more difficult for teens to get tobacco.

(Tobacco Free Michigan)

## More reasons why teens smoke:

- Lack of support or involvement from caring adults.
- Accessibility, availability, and price of tobacco products.
- Low levels of academic achievement.
- Low self-image or self-esteem.
- Lower socio-economic status, including income and education.

90.7% of middle school students were exposed to pro-tobacco ads in stores, magazines, or on the internet.



Don't be a butthead!

## E-Cigarette Use triples in ONE year (2014) among middle & high school students

(CDC 2016)	High School Students	Middle School Students
e-cigarettes	13.4% (2 million)	3.9% (450,000)
Hookah	9.4% (1.3 million)	2.5% (280,000)
Cigarettes	9.2%	2.5%
cigars	8.2%	1.9%
Smokeless tobacco	5.5%	1.6%
snus	1.9%	---
pipes	1.5%	0.6%

### \*NICOTINE EXPOSURE AT A YOUNG AGE MAY CAUSE:

- Lasting harm to brain development
- Promote addiction
- Sustained tobacco use

## Help end teen tobacco use!

\*Visit [Tobacco Free Michigan](http://www.tobaccofreemichigan.org) for more information.\*

“Raising the minimum age of Legal Access to Tobacco Projects in Michigan to age 21 Resolution”

<http://www.tobaccofreemichigan.org/tobacco-21-information.html>

## Marion High School STUDENTS LEADING STUDENTS (SLS)

*“Changing Thoughts. Changing Behaviors.”*

SLS is a youth-lead program coordinated by Student Leadership Services of Waterford, Michigan. SLS members influence their peers to make healthy decisions. They are trained by SLS to engage, educate, and motivate their peers to make positive life choices. Faculty advisors provide guidance and support.

SLS members are committed to three promises:

1. Not participate in self-defeating behaviors that could damage who I am and who I want to be.
2. Make appropriate decisions when driving/riding in a car.
3. Help and support my friends and family to do the same

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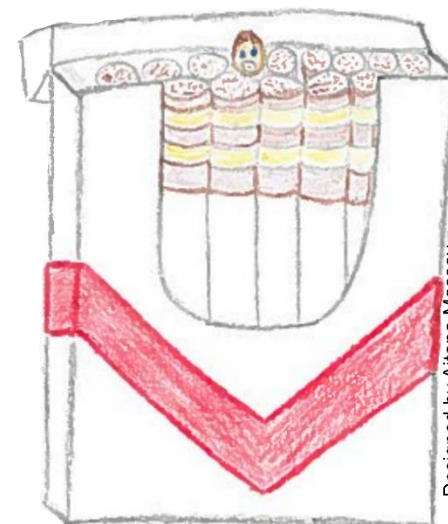
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Tech Talk Graphic Design Entry-Phase 2 by:  
Marion Students Leading Students (SLS)

## Don't Get Wrapped Up!



## End Teen Tobacco Use!

*There's no such thing as a 'safe' nicotine product.*

“Any form of nicotine can harm teen brain development.” (Surgeon General)

~A message from your friends in  
Marion SLS~