

smelling like an ashtray



I smoke on the weekends. Am I considered a social smoker?

More like a non-social smoker. Anyone who likes white teeth, fresh breath, non-stinky bodies and hair would rather hang out with a nonsmoker. Some teens say smoking relaxes them. Some teens think it's cool and rebellious. What's so cool about smelling like an ashtray, and coughing up green slime in the morning? Nothing. Smoking is also costing you money that you could use for CDs, movies and clothes.

My coach doesn't allow us to use drugs. Does tobacco count?

Yes. Nicotine, a chemical in tobacco, is highly addictive. That makes it a drug. And it means that it's really hard to quit. So, if you stop using tobacco, you'll feel sick. Your doctor can help you quit. If your performance as an athlete is important to you, you should know that smoking damages your lungs and your athletic ability. Don't be fooled by the billboards and magazine ads. Most teens, adults, and athlete's DON'T use tobacco.

Smokeless "chewing" tobacco, or snuff, is just as bad as smoking for your health and your social life. People who use chewing tobacco have bad breath, cracked lips, bleeding mouths, yellow and permanently stained teeth, and are constantly spitting and drooling. They aren't very cool or kissable.



Don't be fooled.

Tobacco companies are making lots of cash by hooking teens on tobacco. According to some chemists, U.S. tobacco companies have added chemicals to tobacco to make them more addictive. And, tobacco companies have professionals creating ads just to make teens think smoking is cool. Plus they offer you free stuff. Yeah right. Who do you think is paying for the free stuff? It's all built into the cost of tobacco. If you fall for it, the tobacco companies win, and you lose — your money and your health.



SURGEON GENERAL'S WARNING: Cigarettes contain carbon monoxide, found in car exhaust. Not to mention ammonia, which is used to clean toilets. And acetone, also in paint thinner. Did I mention arsenic — you know, the murder weapon? Also butane (in lighter fluid), cyanide (a deadly poison), polonium (nuclear waste), cadmium (used to recharge car batteries), hydrogen cyanide (used in the gas chamber), nicotine (also used to kill cockroaches).

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