

LEARN THE TRUTH ABOUT Smoking



Myth or Fact?

Smoking just one cigarette once in a while can't hurt me.

Myth. Smoking just one cigarette once in a while still makes you more likely to die earlier from heart disease and lung cancer. You also have a good chance of becoming addicted from smoking just a few cigarettes. Cigarettes contain a chemical called nicotine that is just as addictive as cocaine or heroin.

Myth or Fact?

Smoking makes you cool.

Myth. Tobacco stains your teeth, gives you bad breath, and makes your skin dry and yellow. Tobacco also makes your clothes and hair smell bad.



Myth or Fact? Smoking empties your wallet.

Fact. A pack of cigarettes can cost about \$10 in New York. If you smoke one pack a week, that's \$40 a month or almost \$500 a year that could have been used to buy an iPhone or a laptop.

Myth or Fact? If I decide to smoke, the only person I'm harming is myself.

Myth. Smoking hurts your family and friends. The smoke released by cigarettes is often inhaled by people around you. This can cause the sudden infant death syndrome, and same health problems that smokers will have, including asthma attacks, lung infections and cancer.

Myth or Fact? Tobacco companies target children and teens to buy their cigarettes.

Fact. Tobacco companies are in the business of making as much money as they can by selling cigarettes. They target children and teens by selling candy cigarettes and using celebrities, movies, and magazines to promote their tobacco products.

Myth or Fact? Smoking hurts your sports performance.

Fact. Smoking damages your lungs, making it harder for you to breathe when you play basketball or other sports. It can also make it harder to dance, sing, or play an instrument.



Myth or Fact?

Hookah smoking is safer than cigarette smoking.

Myth. Hookah smoke contains as much, if not more, nicotine, carbon monoxide, and tar as cigarette smokes. All types of tobacco and smoking are dangerous, even "light" or "ultra light" cigarettes, cigars, flavored cigarettes, chewing tobacco, and marijuana.



Myth or Fact?

If someone offers me a cigarette, it's rude to say no.

Myth. You don't have to do anything you don't want to do. If someone offers you a cigarette, you can say any of these responses:

"I'm allergic to smoke."

"The smell of smoke makes me sick."

"I don't want my hair and clothes to smell bad."

"I want to be in good shape for my team. Smoking hurts my performance."



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