

Articles for students

FACTS ABOUT SMOKING

- Nearly 600 million trees are destroyed each year to provide enough material to dry tobacco.
- Smoking kills more people in Australia than all the people killed by alcohol, other drugs, murder, suicide, road crashes, rail crashes, air crashes, poisoning, drowning, fires, falls, lightening, electrocution, snakes, spiders and sharks.
- Each year smoking by Australians results in the removal of 55 lungs, 44 legs, 22 larynxes (voice boxes), 15 kidneys, 11 palates, 10 gullets, 10 stomachs, 10 wombs, 9 tongues, 10 bladders, 2 pancreas, and 2 arms.
- Cigarette smoke contains more than 4000 chemicals with many of them causing cancer.
- Many chemicals are added to cigarettes when they are made. Some of these chemicals are commonly used as ingredients in mothballs, floor cleaners, pesticides and paint strippers.



- During exercise smokers are more easily exhausted, suffer from shortness of breath, have reduced endurance, are slower to react and have poorer visual judgement.
- The majority of adult smokers say they would like to stop smoking and around 80% of adult smokers have made attempts to quit.
- One of the long-term health effects of smoking is blindness.
- Tobacco companies pay actors and producers to use their products on the big screen. For example, Brown & Williamson paid Sylvester Stallone \$500,000 to smoke in no less than five feature films.
- Tobacco advertising on TV and radio has been banned in Australia since 1976.



Articles for students

UNDERHAND TACTICS OF TOBACCO COMPANIES

In Australia, approximately 365 smokers' die every week from tobacco related diseases. In 1990, the tobacco company Philip Morris studied Australian teenagers and found that children under the age of 15 years are the most hopeful 'replacement smokers'. This means that teenagers are targeted to replace adult smokers who are either dying or quitting. US tobacco companies spend \$11million everyday on advertising to promote their deadly products.

The tobacco companies use many unscrupulous tactics to entice young people to smoke. They try to promote smoking as cool, rebellious, and glamorous. But of course we know that this is not the truth. We really know that smoking gives you bad breath, poor skin, yellow teeth, reduced sports performance, is a waste of money and, of course, is a deadly addiction.



In some countries tobacco companies are allowed to advertise anywhere and even give away free cigarettes at high school events. Australia has tough laws that ban cigarette advertising; however, tobacco companies still succeed in reaching young people through sneaky tactics. For example, tobacco companies are known to pay actors and producers to use their cigarettes in movies so that teenagers will think smoking is cool. Australian teenagers know better than this. Be smarter than smoking and don't let the underhand tactics of tobacco companies draw you in.

Articles for parents

LET'S TALK ABOUT SMOKING

Parents have a very important influence on their children's lives and can help them to make healthy choices. It is important for parents who do not smoke to express their opinions about smoking to their children and teenagers. It is just as important for parents who do smoke to point out the risks smoking causes to health. Here are a few tips to help you along:

- **Talk with your son or daughter** about what you would prefer them to do about smoking cigarettes. You could begin by saying "You have to make up your own mind about smoking, but I think..."
- **Help your child practise refusing cigarettes.** You could say something like, "What would you do or say if someone offered you a cigarette and you didn't want to smoke?"
- **Ask your child what they think about smoking.** You could begin by saying, "I read that 80% of teenagers in Australia don't smoke regularly, do you think this sounds about right?" (Try to help your child understand that most people choose not to smoke).



- **Ask you child about the risks of smoking** (getting suspended, health, addiction, costs, and smell).
- **Ask your child to tell you what he/she thinks your views are about smoking.**
- **Talk to your child about making your home and car into smoke-free zones.**
- **If you smoke**
 - Try to explain how hard it can be to quit
 - Try to avoid smoking in the car
 - Try to avoid leaving cigarettes lying around
 - Try to make your house a smoke-free zone
 - Try to quit or at least cut down
- **Seek help - support is out there.** Have a talk to the school nurse or contact the following agencies for more information:
 - Alcohol & Drug Information Service Line
Ph: (08) 9442 5000 or toll free 1800 198 024
 - Parent and Drug Information Service
Ph: (08) 9442 5050



Articles for parents

FACTS ABOUT TEENAGE SMOKING

Although 84% of schoolboys and 80% of schoolgirls aged 12 to 17 years in WA do not smoke regularly. Those who do are collectively puffing their way through more than 24 million cigarettes a year, costing \$8.6 million.

Surveys conducted in 1999 found that 52%, or 72,000, 12 to 17-year-olds had experimented with tobacco, while 23,000 smoked regularly. Regular smokers smoked around 20 cigarettes a week. Smoking rates peaked for females aged 15 years and rates increased with age for males, indicating that by the age of 17, more males smoked than females of the same age.

Nearly all adult smokers started smoking in their teen years, and most started before the age of 18 years. Individuals who take up the deadly habit in their teen years are more likely to become regular, heavy smokers; therefore, they are at greater risk of developing a smoking-related disease later in life.

Communicating with your children, focusing on the reasons why young people don't smoke, positive parenting, limiting pocket money, establishing ground rules about smoking and being aware of what teenagers are doing in their spare time will all assist you to help your son/daughter make healthy choices about smoking.

For more information contact:

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Articles for students

THE EFFECTS OF SMOKING ON SPORTS PERFORMANCE

Every cigarette a person smokes contains poisons that reduce their ability to perform. That is why it is so rare to see an elite athlete smoking. Some of these poisons include carbon monoxide, nicotine and tar.



Carbon monoxide causes:

- less air to be drawn into the lungs, which means limited oxygen for working cells;
- the heart to work a lot harder;
- reduced ability of muscle cells to take up oxygen resulting in poor sports performance;
- damaged vision.

Nicotine causes:

- increased heart rate, which means the smoker's heart has to work a lot harder;
- poor blood flow and increased blood pressure.

Tar causes:

- damage to lungs resulting in less air breathed in and out;

It is no wonder that people who smoke suffer from exhaustion, shortness of breath, poor endurance, reduced reaction time and poor visual judgement during exercise.

However there are some immediate benefits from quitting. For example, within one to two days, carbon monoxide and nicotine will be cleared from the body, and after three months, the lungs will be able to clean themselves and blood flow will improve.

So why not eliminate these poisons from your body and give yourself a new lease on life.

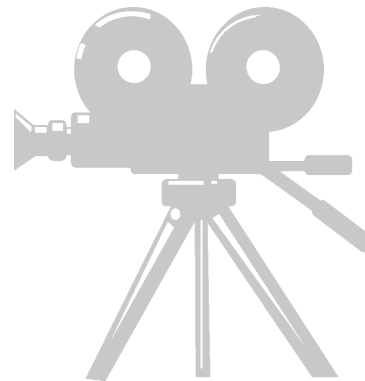


Articles for students

SMOKING AND THE BIG SCREEN

Despite Australia's firm laws on cigarette advertising, tobacco companies still manage to promote their deadly product to young people by paying actors and producers to use their brand of cigarettes in movies. This loophole to advertising bans is known as product placement. Did you know that Brown & Williamson paid Sylvester Stallone \$500,000 to use their tobacco products in no less than five feature films?

Smoking is often promoted as sexy, glamorous and powerful which, it has been shown, influences young people's smoking behaviour.



A recent study showed that of those students, who viewed films with 50 or less accounts of smoking, only 4.9% had experimented with smoking. However, of those who watched films with at least 150 accounts of smoking, 31.5% had tried smoking.

So, next time you see an actor smoking in a film, remember that they were probably paid to do so.

Articles for students

PASSIVE SMOKING

Did you know that when someone near you lights up a cigarette, you will probably breathe in their smoke? The smoke that a smoker exhales and the smoke that drifts from the lit cigarette are very toxic. In fact they contain three times the amount of nicotine than when inhaled directly by the smoker. This dangerous environmental hazard is known as PASSIVE SMOKING.

To reduce the risk of passive smoking, lighting up a cigarette is now banned in all public places, including restaurants, cafes, shopping centres, work places, cinemas, lifts and airports.

However, 1000 Australians are still dying from passive smoking each year. Everyday children, teenagers and adults may be exposed to passive smoking in homes, cars, sporting clubs and other outdoor venues.

Effects of passive smoking include:

- Sore and/or watery eyes
- Sneezing and coughing
- Respiratory problems such as asthma, bronchitis and pneumonia

- Slower lung growth and reduced lung function
- Increased risk of lung cancer and heart disease
- New evidence has shown a link between passive smoking and an increased risk of meningococcal infection

We all have the right to clean air. But what can you do about it?

Here are a few tips:

- It is not rude to politely ask a smoker not to smoke when they are near you - whether you are outdoors, indoors or in a car;
- Move yourself away if they don't stop smoking;
- Remind anyone you know who smokes that smoking is not only harmful to him or her, but puts others at risk too;
- Take action and make your bedroom, house, classroom and car smoke-free zones;
- Put up No Smoking signs in your smoke-free zones.

Passive smoking is an important and avoidable cause of many health problems. So don't be afraid to demand that your air be smoke-free.



Articles for parents

PASSIVE SMOKING

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We all have the right to clean air. Passive smoking is an important and avoidable cause of many health problems. Speak up next time someone lights up a cigarette next to you, and demand that your air be smoke-free.