Info

To learn more about tobacco, or obtain referrals to programs in your community, contact:

SAMHSA's National Clearinghouse for Alcohol and Drug Information
800-729-6686
TDD 800-487-4889

Linea gratis en español
877-767-8432

Web site: http://ncadi.samhsa.gov

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov

The bottom line: If you know someone who is using tobacco, urge him or her to quit. If you are using it—stop! The longer you ignore the real facts, the more chances you take with your health and well-being.

It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.

Do it today!

Curious about the TV ads of the National Youth Anti-Drug Media Campaign? Check out the Web site at http://www.freevibe.com or visit the Office of National Drug Control Policy Web site at http://www.whitehousedrugpolicy.gov.

Q & A

Q. Isn't smoking sexy?

A. Only if you think bad breath, smelly hair, yellow fingers, and coughing are sexy. Advertisements often portray smoking as glamorous and sophisticated, but think carefully about who created these ads and why.

Q. Is smokeless tobacco safer?

A. No. Remember, "no smoke" doesn't mean that smokeless tobacco is safe. Even a little smokeless tobacco has enough nicotine to get you addicted. Smokeless tobacco can lead to many types of health problems as well as cause cancer.[15]

Q. Doesn't smoking help you relax?

A. No. Smoking can actually increase feelings of stress and nervousness. Break the cycle: Use drug-free strategies to calm your nerves like exercise and talking to your friends.

Do most teens smoke? No, out of every 100 teens, 87 **do not** use a tobacco product. Currently, the number of girls who smoke cigarettes slightly outnumbers the boys who smoke.[16]

A Life in the Community for Everyone
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

tips for teens

Tobacco