



Topic: The Truth about Tobacco

What We Need to Know

Research shows that thousands of teens start smoking each day, and many of them may not have all the facts. Movies, media and music often make smoking look cool and glamorous, and that often persuades teens to smoke in spite of the health hazards.

Ninety percent of current adult smokers started before the age of 19. If education is going to have an impact, now is the time to provide your students with as much information as possible on this very addictive product. According to a Federal Trade Commission Cigarette Report for 2007, 2008 and 2011, tobacco companies spend about \$10.5 billion per year to market and promote their products, and most of these marketing efforts reach kids.

While teens start smoking for a wide variety of reasons (i.e. it's cool, it makes them feel grown up, because their friends smoke), there is another "truth" why these kids continue to smoke – they become addicted to nicotine.

Conversation Starters

Tobacco companies spend a lot of money trying to get teens to start smoking. Have you noticed these efforts in the media, on TV and online? Do they influence your decision to smoke or not smoke?

When it comes to cigarette smoking, why do you think teens and adults have a hard time quitting? Is it a lack of will power? Is it because they are not smart enough? Is it because they don't want to stop?

Are you bothered by cigarette smoke and the smell? What do you think of people who smoke?

Resources

[Tobacco Free Kids Fact Sheet](#)

[Federal Trade Commission Report on Cigarette and Smokeless Tobacco Advertising](#)