

Q & A

Q. Doesn't smoking help you relax?

A. Smoking can actually increase feelings of stress and nervousness. Use drug-free strategies to calm your nerves. Things like exercise and talking with friends or family.

Q. Isn't smokeless tobacco safer to use than cigarettes?

A. No. Smokeless tobacco users are 50 times more likely to get oral cancer than nonusers. No form of tobacco is safe to use.

Q. Isn't smoking sexy?

A. Only if you think yellow fingers, smelly hair, coughing, and bad breath are sexy.

FRANKLIN COUNTY SHERIFF  
**ZACH SCOTT**



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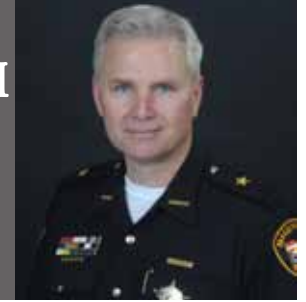
*This information is provided by the  
Franklin County Sheriff's Office.*

SHR-TIPS Tobacco (Rev.12-2011)

SHERIFF **ZACH SCOTT'S**

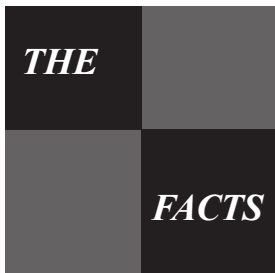
*Tips for Teens*

THE TRUTH  
ABOUT:  
**TOBACCO**



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## TOBACCO DAMAGES YOUR HEALTH.

Smoking is the most common cause of lung cancer. Smoking is also a leading cause of cancer of the mouth, throat, bladder, pancreas, and kidney. Smokeless tobacco can cause mouth cancer, tooth loss, and other health problems.

## TOBACCO AFFECTS YOUR BODY'S DEVELOPMENT .

Smoking is particularly harmful for youths because your body is still growing. The 200 known poisons in cigarette smoke affect your normal development and can cause life-threatening diseases, such as chronic bronchitis, heart disease, and strokes.

## TOBACCO IS ADDICTIVE.

Cigarettes contain nicotine. Nicotine is a powerfully addictive substance. Three quarters of young people who use tobacco daily continue to use because they find it hard to quit.

## TOBACCO CAN KILL YOU.

Smoking is the leading preventable cause of death in this country. More than 400,000 Americans die from tobacco related causes each year.

## BEFORE YOU RISK IT....

### *Know the law.*

It is illegal for anyone under the age of 18 to buy or even possess tobacco in the State of Ohio.

### *Stay Informed.*

Every day more than 3,000 people under the age of 18 become regular smokers. That is more than 1 million teens per year. Roughly one third of them will eventually die from a tobacco related illness.

### *Know the risks.*

The poisons in cigarettes can affect your appearance. Smoking can dry out your skin and cause wrinkles. Some research even shows that smoking can lead to premature hair loss and graying.

### *Be aware.*

It can be hard to play sports if you use tobacco. Smoking causes shortness of breath and dizziness. Chewing causes dehydration.

### *Stay in control.*

Addiction to tobacco is hard to control. More than 90 % of teens who use tobacco daily experience at least one symptom of withdrawal, when they try to quit.

### *Look around you.*

Even though a lot of youths use tobacco, most do not. Studies show that less than 20% of teens are regular smokers.



## TOBACCO

**Cigarettes: Smokes, Butts, Cigs**  
**Smokeless: Chew, Dip, Snuff**

## KNOW THE SIGNS....

### *How can you tell if a friend is using Tobacco?*

Sometimes it is tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using Tobacco:

- Wheezing, coughing, bad breath.
- Smelly hair and clothes.
- Yellow stained teeth and fingers.
- Frequent colds.
- Decreased senses of smell and taste.
- Difficulty keeping up with sports and athletic activities.
- Bleeding gums (smokeless tobacco)
- Frequent mouth sores (smokeless tobacco)

### *The bottom line:*

If you know someone who is using tobacco, urge them to quit. If you are using tobacco— STOP NOW. The longer you ignore the facts, the more chance you take with your health and life.

*It is never too late.*

**DO IT TODAY!**

\*\*\*\*Information contained in this section was obtained from literature published by the Center for Substance Abuse Prevention.