

Saying No to Tobacco Use

Guide to Reading

● Building Vocabulary

As you read this lesson, write this new term and its definition in your notebook.

- cold turkey (p. 255)

● Focusing on the Main Ideas

In this lesson, you will be able to

- **list** the reasons why it is good to be tobacco free.
- **explain** how a person can get help to quit tobacco use.
- **name** some benefits of being tobacco free.
- **practice** refusal skills to avoid tobacco use.

● Reading Strategy

Outlining Before reading this lesson, make an outline using the heads as guidelines. Fill in your outline as you read.

Quick Write

What are your reasons for staying tobacco free? Write a couple of sentences describing why you say no to tobacco.

Tobacco Free: A Healthy Choice

Choosing not to use tobacco shows that you are taking responsibility for personal health behaviors. Choose to spend time with others who are tobacco free. That's another good strategy for improving and maintaining personal health. As a teen, you will probably meet someone who will ask you if you want to use tobacco. Be prepared for this possibility. Practice your refusal skills ahead of time. Take part in tobacco-free events in your community. Help others to be tobacco free.

Reading Check

Explain Why is it important to be prepared if someone offers you a tobacco product?

Benefits of Being Tobacco Free

It's great to be tobacco free! There are many benefits to this safe behavior. To begin with, you'll be healthier. Look at the list below and at **Figure 8.6** to learn more.

- **Staying healthy.** People who smoke get sick more easily and more often than nonsmokers. They also stay sick longer than people who don't use tobacco.
- **Clear, healthy skin.** If you use tobacco, your skin cells are less able to take in oxygen and other nutrients, which leads to unhealthy skin.

- **Fresh breath.** Cigarettes and smokeless tobacco products cause bad breath.
- **Clean, fresh-smelling clothes and hair.** Smokers usually smell like smoke. Stinky cigarette odors cling to clothes and hair. It's hard to get rid of these odors.
- **Better sports performance.** People who use tobacco, especially smokers, don't do as well in sports. Nonsmokers make better athletes than smokers, partly because they have healthier respiratory systems.
- **Saving money.** Using tobacco is expensive. The government keeps raising taxes on tobacco, too. That means costs will keep going up. Teens who do not buy tobacco have more money to spend on other things, like clothes and CDs.
- **Keeping the environment healthy.** Environmental tobacco smoke hurts everyone. By staying tobacco free, you are doing your part to keep the environment healthy. You also are protecting people who are part of your everyday life.

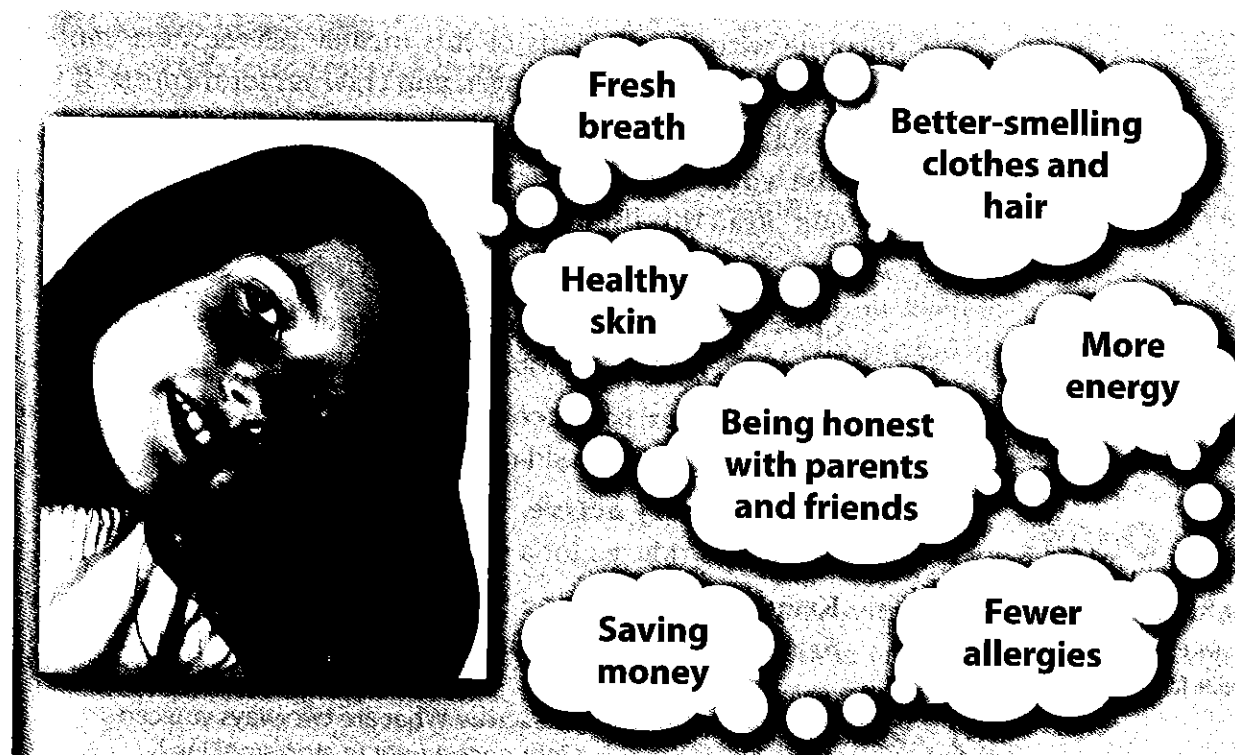
Reading Check

Describe Why are nonsmokers better athletes than smokers?

▼ FIGURE 8.6

REASONS TO BE TOBACCO FREE

Reasons to be tobacco free really add up. What are some other reasons to be tobacco free?



Health Online

Topic: Taking Action Against Tobacco

Visit health.glencoe.com for Student Web Activities where you will learn why and how teens across the nation are speaking out against tobacco use.

Activity: Using information provided at the link above, draft an email message entitled "The Top Ten Reasons I Choose Not to Smoke" that you and your friends can sign and email to other teens.

Health Skills Activity

Refusal Skills

Refusing Tobacco

Sindhu and Andrea have been good friends since the third grade. Now that they are older, they go to different schools. Andrea spends much of her time with her new friends. One afternoon, Andrea and Sindhu meet after school. Andrea then offers Sindhu a cigarette. Sindhu wants to keep Andrea as a friend, but she does not want to smoke. What should she say to Andrea?

What Would You Do?

Role-play how Sindhu reacts to Andrea when Andrea asks her to have a cigarette. How can Sindhu use the S.T.O.P. formula in this situation?

- Say no in a firm voice.
- Tell why not.
- Offer another idea.
- Promptly leave.

You Can Quit

Once you start using tobacco, it's hard to stop. This is one of the best reasons to stay tobacco free. People who do smoke can quit if they really choose to. Many programs and support groups can help.

Once a person decides to quit, he or she may go through nicotine withdrawal. Signs of this include nervousness, moodiness, difficulty sleeping, hunger, and cravings for nicotine. If you know someone trying to kick the habit, share the following:

- **List your reasons.** Keep a list of the reasons you want to quit. Read this list every time you feel like using tobacco.
- **Set small goals.** Try to stay tobacco free one day at a time.
- **Choose tobacco-free places to spend time.** Stay away from others who use tobacco.
- **Change your tobacco-related habits.** For example, eat a healthful snack instead of smoking between meals.
- **Be physically active.** When you feel like using tobacco, take a bike ride, go for a walk, or jog.
- **Keep trying.** Quitting tobacco use doesn't always work the first time. Remember that each effort counts.

Health Online

Visit health.glencoe.com and complete the Interactive Study Guide for Lesson 5.

Reading Check

Describe What are two ways you can influence a peer to stop smoking?

Getting Help

Some people may choose to stop using tobacco **cold turkey**. This means *stopping all use of tobacco products immediately*. In seven to fourteen days, their bodies will be free of nicotine. However, the withdrawal symptoms may last longer than that. Libraries and bookstores carry books that offer information if someone wants to quit on their own. Many organizations also help users quit. For example, users can find tips on quitting and support groups through the American Lung Association, the American Heart Association, and the American Cancer Society.

Resources for Quitting

Even some people who join a support group may fail to kick the habit. That's when professional health services can help. Doctors are able to prescribe medication to help tobacco users quit. There are also over-the-counter medications such as the nicotine patch or nicotine gum. All allow users to give up tobacco quickly while gradually stopping nicotine dependence.

Reading Check

Name List two organizations that can help a person stop using tobacco.

Lesson 5 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *cold turkey*.
2. **Explain** Describe how you can help someone become tobacco free.
3. **Identify** List at least three benefits of being tobacco free.
4. **Explain** Describe how people who wish to stop using tobacco can get help.

Thinking Critically

5. **Analyze** Why is it easier never to start smoking?
6. **Apply** How would you influence a peer to make the healthful choice to quit smoking?

Applying Health Skills

7. **Goal Setting** Make a plan to help someone quit using tobacco. Include alternative activities the tobacco user can do when he or she experiences the urge to use tobacco.

Connect To...
Math

Personal Finances

Smoking is not only unhealthy, it's also an expensive habit. In some states, a pack of cigarettes costs as much as \$7.00.

If a person smokes one pack a day, how much money would he or she spend on cigarettes in one year? What would you choose to buy with that amount of money?