

# Teen Smoking

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# Types of Smoking

- People can smoke, chew, or even sniff tobacco.
- Tobacco products can be loose or packed.



- There are:
- cigarettes
- cigars
- bidis
- kreteks
- dip
- snuff
- hookah
- pipe

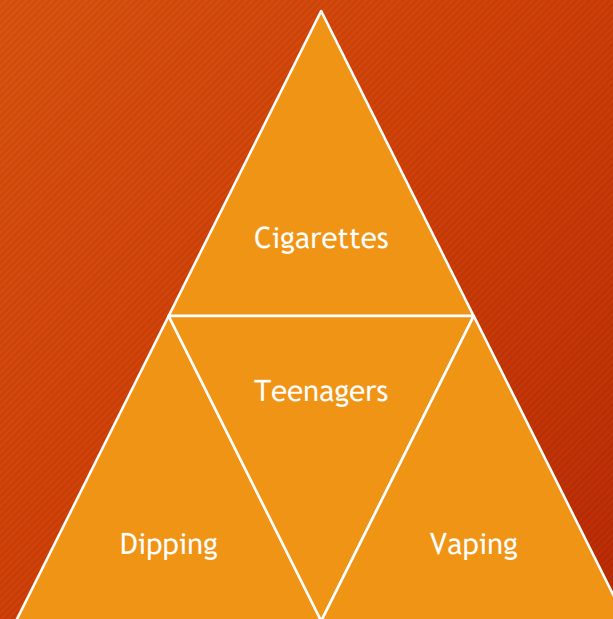
# What Tobacco does to the Brain

- When a person smokes the nicotine in tobacco products are absorbed into the blood stream.
- Once in the blood stream, the brain allows the adrenaline glands to spark.
- The brain releases a hormone called epinephrine.
- Epinephrine causes increased blood pressure, heart rate, breathing, and over stimulates the nervous system.

# Teen Smoking Rates in 2015

- Every single day almost 2500 children that are under the age of 18 try their first cigarette.
- In 2015, 26% of high school children and 10% of middle school students smoked.
- 9.3% of those children smoked cigarettes.

## Teens are affected every day



Vaping is a small battery-operated device that can use nicotine filled cartridges or a nicotine filled juice that can be pored into the device.

**Vaping** (e-cigarette)

# What are the effects of vaping?

- Puts highly addictive nicotine into the body's blood stream.
- Slows down brain development and affects memory
- Causes mood swings
- Makes addiction for other substances at a higher risk
- Can lead to other forms of tobacco use
- Irritates the lungs
- Causes lung damage and even death

A shredded or ground up smokeless tobacco product

# Dipping



# What are the effects of dipping tobacco?

- Can cause cancer in the mouth, throat, lungs, and even in the pancreas.
- Increases the risk of heart disease.
- Can cause gum disease and tooth loss/decay.
- Poisons our children

A thin cylinder packed tobacco product

Cigarettes

# What are the affects of cigarettes?

- Increased heart disease
- Decreased fertility
- Decreased vision
- Increased chance of lung cancer
- Even death



# References

- [CDC](#)
- [Kids Health](#)
- [Drug Abuse](#)
- [American Lung Association](#)