

SOCIAL SMOKING

“I don’t smoke ... well, only once in a while ... that doesn’t count, does it?”

YES IT DOES COUNT, AND HERE’S WHY ...

- ☞ About 50% of young people who try cigarettes become daily smokers.
- ☞ About 85% of young people become addicted to nicotine within their first two cigarettes.
- ☞ Most regular smokers began by smoking occasionally.
- ☞ Everyone who smokes effectively starts out as a social smoker.
- ☞ 70% of social smokers smoked more or “binge smoked” when they were out.
- ☞ Young adults are six times more likely to binge smoke when they are in bars, clubs, and nightclubs.
- ☞ Smoking accelerates the aging process and promotes wrinkles.
- ☞ Smoking does not prevent age-related weight gain among people under 30.
- ☞ Nicotine is a stimulant and does not reduce stress.
- ☞ Smoking can increase headache activity.
- ☞ Smoking can cause ulcers.
- ☞ Social smokers are more likely to have bronchitis, coughs and asthma attacks than nonsmokers.
- ☞ Smoking for just five years can permanently damage your eyes, throat, bones, joints and skin.
- ☞ Social smokers are closer to successfully quitting.