



## Occasional Smoking? It's *never* OK.

"I am not really a smoker – I only light up when I drink."

"OK so I'm a social smoker – but I don't even have my own cigarettes."

"I'm not addicted – cigarettes are like candy, I can take them or leave them."

"What addiction? I could walk away from smoking tomorrow and not miss it."

**Smoking "occasionally" makes you a smoker and the health risks are enormous!**



### "Social Smoking" Fast Facts

- In 2006 the Surgeon General of the USA announced that all exposure to cigarette smoke was dangerous
- Nicotine is addictive – it hits the brain in 10 seconds after taking a puff! (National Institute of Drug Abuse)
- 30% of college students regard themselves as "social smokers" risking addiction with every cigarette
- Cigarette smoke contains over 400 toxic chemicals, including cancer causing agents such as lead, mercury and arsenic.
- It takes only one cigarette to spike your blood pressure
- 30 minutes exposure to secondhand smoke can cause heart damage (American Cancer Society)
- 90% of college students say they would rather date a non-smoker because of the "awful smell of cigarette smoke." (Bacchus and Gamma Peer Education Network)
- Smokers under the age of 40 are five times as likely to have a heart attack as their non smoking peers.

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