

information about physical development during puberty and emphasize the fact that not all teenagers mature at the same time or rate.

Teachers, coaches, and community and church leaders can provide opportunities for these girls to “fit in” with their same-age peers through activities that stress mutual goals. For example, an early-maturing girl is typically taller than her age mates and can be an asset in sports, such as basketball and track-and-field events.

### **Smokeless tobacco.**

The term *smokeless tobacco* refers to tobacco products that are placed in the mouth but not ignited (e.g., snuff and chewing tobacco). This substitute for cigarettes continues to pose a hazard to adolescents, although use had steadily declined by about 50% since the peak prevalence in 1995. Children and adolescents continue to recognize the risk of smokeless tobacco and have expressed high rates of disapproval ([Johnston, O'Malley, Miech, et al, 2015](#)). These products have also been proven to be carcinogenic, and regular use can cause dental problems, foul-smelling breath, and tooth erosion or loss.

### **Nursing care management.**

Prevention of regular smoking in teenagers is the most effective way to reduce the overall incidence of smoking. A variety of methods have been used. Posters, charts, displays, statistics, and the use of examples of actual damaged lungs to communicate the hazards of smoking all have their supporters and doubters. Some schools also use films and demonstrations in science classes.

For the most part, smoking prevention programs that focus on the negative, long-term effects of smoking on health have been ineffective. Youth-to-youth programs and those emphasizing the immediate effects are more effective but primarily in improving teenagers' attitudes toward not smoking. Because smoking and smoking-related behaviors are social symbols, antismoking campaigns must address the norms of potential smokers. Anything that ridicules or threatens the social norms of the peer group can be unproductive or counterproductive. Investigators have found that teaching resistance to peer pressure to smoke is effective in early adolescence. Although the effects of these programs may decrease with time, the effects can be enhanced in older adolescents by