

For Teens: What You Should Know About Smoking



Smoking has been linked with many serious illnesses. It's also been shown to increase signs of aging. When you smoke, your breathing becomes shallow, and your lungs fill with smoke. This means you get less air. Cigarettes also fill your body with chemicals, such as nicotine and tar.

How smoking affects you

Smoking can:

- Make other people not want to be around you
- Stain your teeth yellow
- Make people feel like they're kissing an ashtray
- Make you, your clothes, your car, and your surroundings stink
- Make some people not want to date you

To learn more

Find helpful tips and resources to help you quit smoking at:

- [The CDC at www.cdc.gov/tobacco/quit_smoking/](http://www.cdc.gov/tobacco/quit_smoking/) 800-QUIT-NOW (800-784-8669)
- [Smokefree Teen at https://teen.smokefree.gov/become-smokefree/tools-for-quitting](https://teen.smokefree.gov/become-smokefree/tools-for-quitting) 877-44U-QUIT (877-448-7848)
- [The American Lung Association at www.lung.org/stop-smoking/](http://www.lung.org/stop-smoking/) 800-LUNGUSA (800-586-4872)

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