

**First read the following facts about the smoking addiction.**

- Once they get addicted, almost all smokers make repeated efforts to stop. Most fail to quit time after time and many are never able to stop smoking.
- About 95% of smokers who try to give up without some kind of smoking substitute to supply their nicotine, e.g. patches or gum, go back to smoking within a year.
- There are no products aimed to help people quit smoking which work well. Around 85% of smokers using nicotine patches or gum will begin smoking again within a year.
- Tobacco is extremely addictive. You can get hooked much, much faster than you think. The best way to avoid getting addicted is simply not to start—no matter what.
- How long does it take to become addicted? One study showed that 25% of 12 to 13 year olds who smoke as few as two or three cigarettes a day became addicted in just two weeks.
- On average smokers are unable to stop for seventeen years. Every year, they will spend £1200 or more maintaining their addiction.

**You know a great deal about tobacco. What will you say when you are offered a cigarette? Write three statements—you will need more than one strategy as you will receive many offers. Keep these statements short and to the point, you need to close the discussion quickly.**

- A \_\_\_\_\_
- B \_\_\_\_\_
- C \_\_\_\_\_

**You have to be very strong to resist tobacco, especially when it is offered by friends. Write down three reasons why you do not want to become, or remain, a nicotine addict.**

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

**Take tobacco seriously. Avoid it. If you don't; be prepared to pay for it—with your health.**