

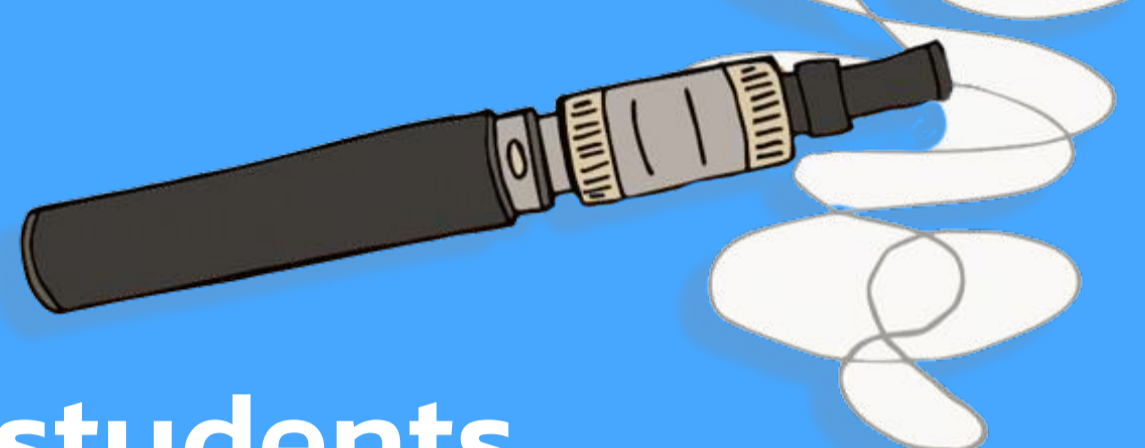
# TOBACCO & NICOTINE

## myth or reality?



### myth

Most middle and high school students use tobacco and nicotine products



### reality

90% of middle and high school students do not use tobacco or nicotine products.<sup>1</sup> Non-smokers and vapers are in the majority.



### myth

It takes a long time for tobacco to affect your body

### reality

Teens who smoke are likely to be less physically fit and have more breathing problems, like coughing and wheezing, compared to teens who don't smoke.<sup>2</sup> Smoking also slows lungs growth.<sup>2</sup> And, let's not forget the smell!

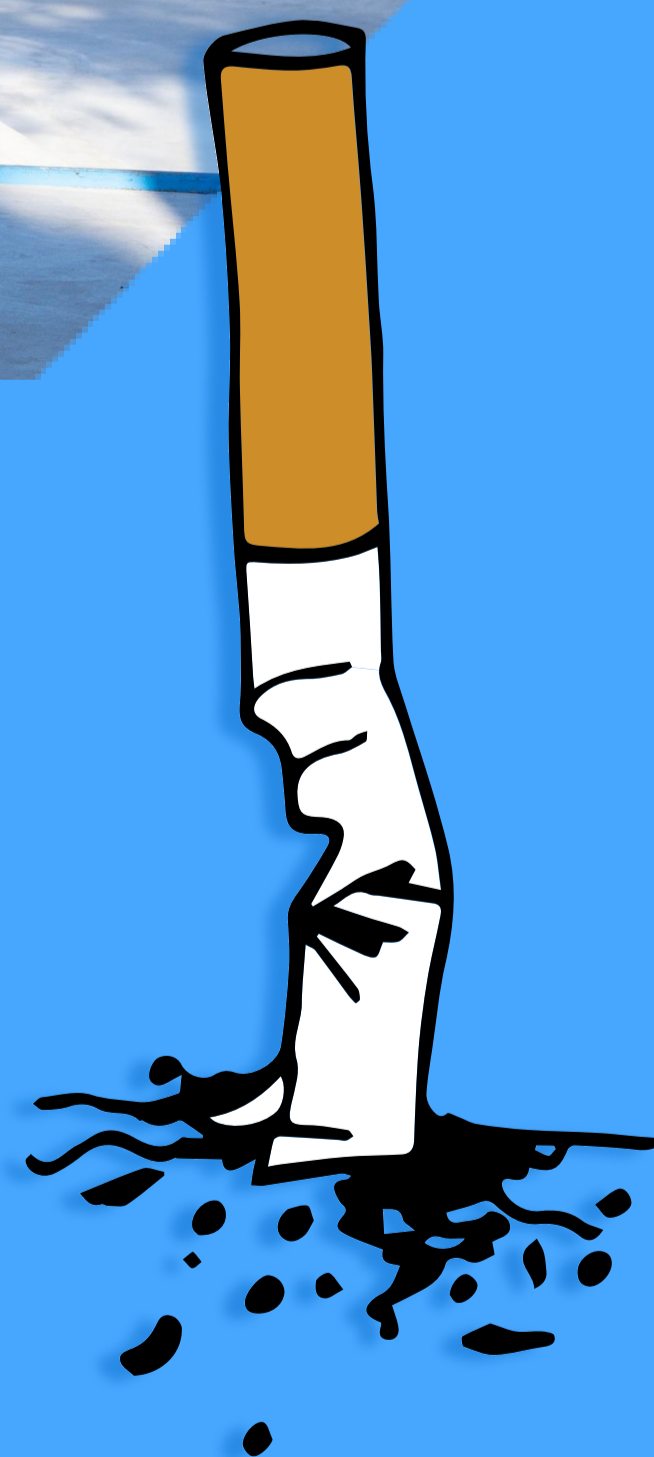


### myth

Young people don't mind hanging out with people their age who smoke.

### reality

Most teens strongly dislike being around smokers. And, even more teens say they would rather not date smokers!<sup>3</sup>



<sup>1</sup> CDC. Smoking & Tobacco Use. Fact Sheet—Estimates of Current Tobacco Use Among Youth. Referenced 2024. <https://www.fda.gov/tobacco-products/youth-and-tobacco/results-annual-national-youth-tobacco-survey#2023%20Findings%20on%20Youth%20Tobacco%20Use>  
<sup>2</sup> U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, Georgia: U.S. Department of Health and Human Services, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; Washington, D.C., 2012. Referenced 2024. <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/full-report.pdf>  
<sup>3</sup> Miech, R. A., Johnson, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2016). Monitoring the Future National Survey Results on Drug Use, 1975-2015: Volume I, Secondary School Students. Ann Arbor: Institute for Social Research, The University of Michigan. Referenced 2024.

