

Smoking addiction



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Introduction

We are students from Teleborg Centrum skola, Växjö. Since the percentage of smoking has increased in every society, we have decided to raise awareness about smoking addiction. We are encouraged to help our society, to be a better place to live. Every one of us could help our society to become better, regardless who we are.

Addiction has been an issue from several years ago, specially smoking addiction. Despite the harms and other disadvantages of smoking, the percentage of smokers is increasing every day. But the question is why and how? The decision is to collect more information about different sides of smoking. We would be grateful if you would be interested in supporting us with sharing the information you have gained with other people. You are not only supporting us, you are also being supportive to your community improvement and health.

What is the history of smoking and tobacco?

Tobacco has been growing for about 8 thousand years in America, and it is been smoked for 2 thousand years in traditional and religious ceremonies. The tobacco was first discovered by

Christopher Columbus and the first cultivation of tobacco was in Europe in 1531. By 1600 tobacco had spread all over the Europe and England as a monetary standard and of course about 100 years later tobacco industry was developed and more widespread.

In 1795 Samuel Thomas from Germany reported that his awareness of cancers of the lip on pipe smokers was increasing.

In 1798 physician Benjamin Rush from America wrote about the medical dangers of tobacco.

In 1920s many reports about the lung cancer caused by tobacco began to appear but there were many newspapers that did not want to publish the findings because they did not want to harm the tobacco companies who advertised heavily in the media.

First cigarette machines were produced and developed in 1800s and they produced about 200 cigarettes per minute but nowadays cigarette machines produce about 9,000 cigarettes per minute, and that shows that the people`s demand for cigarettes has hugely increased. The reasons of growth of smoking between societies are resulted by:

The development of new forms of tobacco

The ability, power and wealth of tobacco industries influence on the political parties.

In the Second World War, smoking increased because of the policy of providing free cigarettes to united troops as a “moral boosting exercise”.

Why teenagers start smoking?

Nowadays smoking between youths is increasing much more than adults for different reason reasons. However there are many youths that demand non-smoking schoolyards. Most of the youths start smoking to look like an adult and show that they have grown up. They start smoking to look more independent.

Around half of the youths from 13-17 were 13 years old when they smoked for the first time. About half of the 17 year olds started to smoke daily when they were 13 years old.

Most of the adults believe that youths have enough knowledge about tobacco. But that is not completely right. Generally the non-smokers had more knowledge about health consequences



Youths become addicted to cigarettes for different reasons, 12 percent of them snuff before they start smoking. And most of the youths who smoke are in upper secondary schools. Most of the youth smokers have often friends who smoke. Smoking occurs in a social connection where we choose friends and being affected by them and also influence on them ourselves. Especially relationships in adolescence are even more effective. It is completely usual that their closest and best friend smoke cigarette. 17 percent of those non-smokers said that half of their friends smoke. 13 percent of those smokers said that their best friends attempt to stop them from smoking. The dependence of the brain on nicotine causes youths to

continue with smoking. It means that when the body gets used to gain something frequently, it becomes hard to leave it.

There are also different attitudes about the non-smokers and smokers. There were two questions placed that which characteristics suit non-smokers and smokers. The smokers were mostly described as bad at school, nervous, defiant and unsafe. While the non-smokers were described as wise popular, mature, self-sufficient and smart in sport.

Youths quit smoking

Half of the teenage smokers quit for different reasons, but only half of them. Most of the youths are unsure to quit or not and the rest of them have tried and thought that they could quit but they did not succeed.



The main and particular reasons that teenagers quit smoking are that cigarettes are expensive, dangerous for health and negative for appearance. We can consider this awareness that teenagers have, as an improvement in raising and expanding the smoking harms. But the teenagers also need motivation to succeed in quitting smoking. And it would be really helpful if the motivation comes from the family members and friends.

Adult responsibility and role

The smoking addiction of parents has a huge affection on the teenagers smoking addiction. It is usual that the teenage smokers have smoker parents and the mother's smoking addiction is even more effective than the father's smoking addiction.

Adults have a huge part in youths quitting. Most of the youths need motivation and gear to quit. Through a common approach where tobacco is not accepted, all the parents and schools can effect on teenagers to abstain from tobacco.



After an interview with teenage smokers about the awareness of their family about their smoking addiction, half of the smokers said that their parents know that they smoke, 16 percent of them said that they do not know of their parents know and 27 percent said that their parents do not know about their smoking addiction. But most of the teenagers said that their parents would react on their smoking addiction with not allowing them to smoke at home, persuading them to quit, reducing the weekly money and the most effective reaction was forbidding them to smoke.

The dangerous harms of smoking

Smoking has much different harms on body in many different ways. The negative effects are not only on the smoker, but also on the people around the smoker who are called for passive or second hand

smokers. Most of the smokers think that they are going to quit before getting the diseases or it will not happen to them, but they are completely wrong.



Heart disease:

The carbon dioxide in the cigarettes reduces the ability of the blood to absorb the oxygen. Nicotine can accelerate the heartbeat, raise the blood pressure and weaken the endurance capacity of heart.

Appearance damages:

Everybody wants a good appearance but not smokers. Acne, yellow teeth, wrinkles around lips, stained nails and fingers, hair loss and so many other impacts are the signs of damage of smoking.

Cancer:

The particular way that smoking causes Cancer is by damaging our DNA and the key genes that protect us against cancer. The several chemicals that exist in cigarettes have been shown cause DNA damage and many other damages. However it usually takes many years to get cancer from DNA damage but the researches show that for every 15 cigarettes smoked there is a DNA damage which could cause a cell to become cancerous.

Passive or second hand smoking:

Second smoke is quite same effective with the direct smoke from cigarette. Second hand smoke is smoked by mother it could lead to damages on the baby's brain and lungs.

The second hand smoke affects children more than the adults because children are extra sensitive. If children smoke and breathe the passive smoke they would have difficulties with breathing, irritating eyes, sleep at night and coughing. They are also likely to get allergies, infections, snoring problems and many different diseases.

The smoking consequences on pregnancy

The consequences on pregnancy could be one of the most motive and convincing reasons for female smokers to quit smoking. Smoking during pregnancy harms the fetus above all even more than the mother. The poisonous elements that exist in the cigarettes cause the possibility of much different harm on the baby such as:

Smoking during the pregnancy increases the risk of blood clots in the mother.

The deformities that can happen to the baby for instance cleft palate



The baby could be born with a lower weight or the possibility of an earlier birth

Lack of oxygen in the baby, which can cause many different disabilities to baby

The baby could experience worse functions in the lungs or other organs

Smoking during pregnancy could even increase the risk of abortion during the birth.

Environmental effects of smoking

Most of us think that it is only the smoker's health that is being damaged by cigarettes, but we are completely wrong. Cigarettes have negative effects not only on the smoker but also on our environment, resulting in air, water and land pollution.

It is quite obvious that smoking causes air pollution since there are 400 chemicals in cigarettes that are breathed out and released in the atmosphere. Especially in developing countries where the percentage of the smoking population is higher, the amount of pollution released in the atmosphere is more.

Every one of us sees many cigarette butts left on the ground in different places every day. We realize that the pollution caused due to the smoking is not only limited to the air but to the land and water as well. The millions of the cigarettes butts left on the ground finally end up to the lakes and rivers and float on the water. The cigarette butts could be mistakenly eaten by fishes which lead fishes to death.



The remaining cigarette butts on the ground will nearly take about 25 years to decompose. The variety of chemicals leached into the soil and causing pollution in the soil.

In the other side trees are needed in manufacturing cigarettes which means a tree is wasted for producing 300 cigarettes and 4 miles of paper is needed for rolling and packaging the cigarettes.

Good reasons to not to start smoking

The dependence that our body gains on cigarettes could cause us to waste much amounts of money yearly on buying cigarettes

Our body condition is always better without cigarettes

Smoking shortens life while we could live a longer life on average 10 years without cigarettes

The clothes that we wear are always fragrant without cigarettes

Always better breath and whiter teeth without cigarettes

Helping and participating in have a better and healthier environment
with not smoking cigarettes and tobacco

With avoiding from cigarettes we are avoiding from having early
wrinkles in future too

We could do lots of better and profitable things than wasting our
time on smoking and getting hold of cigarettes



Thanks for reading!