

To be **STYLISH** or **OUT**?  
It's up to you

Smoking and **YOUTH**



## Smoking is no longer **Trendy**

The number of smokers in Hong Kong is decreasing as more and more smokers have been aware of the hazards of smoking and choose quitting. It is now the trend to go for a smoke-free lifestyle!

It is well known that smoking causes a number of fatal diseases such as **lung cancer, respiratory diseases, heart diseases and stroke**. However, will you ignore the risks of these diseases as it seems a very far away matter, or misbelieve that smoking may help you lose weight or ease mental stress?

## Facts of Smoking ...

**Smoking does not help you to lose weight** — Studies show that smoking does not reduce body weight. To maintain a normal weight, you should exercise regularly and have a balanced diet.

**Smoking is addictive and withdrawal is annoying** — Nicotine in cigarettes is addictive and causes you to smoke more than intended. People who experiment with smoking will frequently become regular smokers.

**Smoking can accelerate ageing of skin** — Smoking makes you look older than your actual age as smokers usually have more wrinkles.

**Smoking affects endocrine system** — Smoking increases the risk of infertility amongst females. Studies show that female smokers have a higher chance of suffering from menstrual disorders and painful menstruation.

**Smoking may cause erectile dysfunction** — Nicotine affects the circulatory system and causes constriction of blood vessels in the penis. This may result in erectile dysfunction.

**Smoking wastes money** — It costs you more than \$20,000 per year if you spend \$60 to buy cigarettes everyday. Why not save the money for better use?

Treasure yourself,  
your health, and your image.

**No  
smoking**

**Integrated Smoking Cessation Hotline,  
Department of Health :**

**1833 183**

**Website : [www.tco.gov.hk](http://www.tco.gov.hk)**



免費戒煙流動應用程式  
Free Quit Smoking Mobile App



Tobacco Control Office,  
Department of Health

Enquiry : 2961 8823 Fax : 2575 8944



衛生署控煙辦公室  
Tobacco Control Office  
Department of Health



# Be Smart, say NO to Smoking

We all know that smoking is hazardous to health, but do you know how to resist peer pressure when your friend offers you a cigarette?

“Hey! Have a cigarette……”

### Be firm

“I am a non-smoker!”  
“I have quit smoking!”

### Be proactive

“This is a no smoking area, you can’t smoke here!”  
“It’s the trend to quit smoking now, isn’t it?”

### Be humorous

“I don’t want to hang around the garbage bin all day!”  
“I’m in a low mood, smoking doesn’t help!”

### Telling the Truth

“It’s too costly for me, I can’t afford that!”  
“I’ll play sports and smoking will affect my performance!”

### Leaving the scene

“I’ve some urgent matter to deal with, I’ve got to go.”  
“I’ve a meeting soon. Bye!”

# The Earlier You Quit, the More You will Benefit

- \* Smell fresh and build up a healthy image
- \* Reduce the risk of getting smoking related diseases
- \* Perform better at sports
- \* Save money from buying cigarettes
- \* Your family and friends will be proud of your wise decision

## Tips on Quitting Smoking

Set a quit day

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Identify triggers as well as barriers and be prepared for them

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Enlist support from family, friends, and fellow quitters

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Discard all cigarettes, ashtrays and lighters

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Avoid staying in places where people smoke

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Be determined

# Be Smart, say NO to Smoking



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