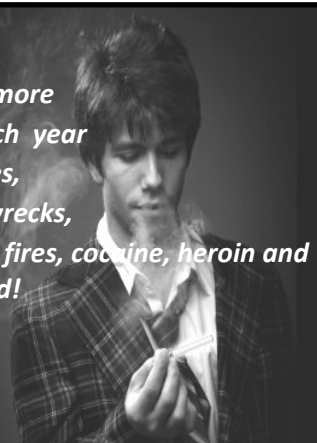


Tobacco Kills. WHY?

Get The FACTS

- Tobacco contains nicotine, an addictive drug;
- Tobacco contains about 7,000 poisonous chemicals, at least 70 of which are known to cause cancer;
- About 480,000 Americans die annually from tobacco-related illnesses.
- Long term effects of tobacco can cause heart disease, stroke, chronic bronchitis, emphysema, diabetes, ulcers, and many forms of cancer.

Smoking kills more Americans each year than homicides, suicides, car wrecks, drunk driving, fires, cocaine, heroin and AIDS combined!



What Should You Tell Your Kids About Tobacco?

1. Most of their peers and the people they admire do not use tobacco.
2. Smoking or using spit tobacco has negative physical, mental, social and economic consequences.
3. Staying tobacco free has benefits.
4. We will help and support young people in making healthy choices.
5. You are available to discuss these issues and provide your youth with accurate information.

Tobacco-Free District Policy

In compliance with California Health and Safety Code Section 104420, the Hemet Unified School District enforces all aspects of its Tobacco-Free School District Policy. The Governing Board prohibits the use of tobacco products (including electronic cigarettes) at any time in district-owned or leased buildings, on district property, and in district vehicles. This applies to all employees, students, and visitors at any school sponsored instructional program, activity or athletic event held on or off school district property.

For help with quitting tobacco use for HUSD parents and employees:

The California Smokers Helpline, 1-800-NO-BUTTS;
www.californiasmokershelpline.org

American Lung Association,
1-800-LUNGUSA;
<http://www.lung.org/stop-smoking/join-freedom-from-smoking/>

U.S. Centers for Disease Control and Prevention; www.smokefree.gov

FREE tobacco cessation services are available for district students.

Please contact the HUSD Tobacco Use Prevention Education program at (951) 765-5100, ext. 3210 or 3220, or talk with your student's school counselor.



Tobacco Use Can Lead to Nicotine Addiction

Nicotine is a highly addictive neurotoxin to the central nervous system. The earlier people start using tobacco, the harder it may be for them to quit. Those who start smoking, chewing or dipping in their pre-teen or teenage years run the risk of being life-long users, and of dying prematurely. Also, using nicotine changes the way a person feels, which can make them more vulnerable to other drug use. Tobacco use can also become a way young people learn to cope with boredom, anxiety, frustration or sadness.

Trends in Tobacco Use

Each day in the U.S. about 3,000 young people, most between the ages of 10 and 14, begin smoking. Within the Hemet Unified School District, 2% of 7th graders, 9% of 9th graders and 14% of 11th graders reported smoking sometime during their lifetime, on the 2015 California Healthy Kids Survey. The most consistent risk factor for smoking among adolescents is having friends who smoke or a tobacco-using

older sibling. About half of adolescent smokers have a parent who smokes.



Health Effects of Electronic Cigarettes

E-cigarettes, also known as electronic nicotine delivery devices (ENDS), are unregulated and can contain nicotine; most of the nicotine in e-cigarettes comes from tobacco. Exposure to nicotine during adolescence can harm brain development and predispose youth to future tobacco use. E-cigarettes emit a concoction of chemicals toxic to human cells in the form of an aerosol. The chemicals in the aerosol travel through the circulatory system to the brain and all organs. There is concern by the State

of California Department of Public Health that e-cigarettes normalize smoking behavior, even for students who have never smoked regular cigarettes. The variety of fruit and candy flavored e-cigarettes entice small children who may accidentally ingest them. Calls to poison control centers nationwide have risen significantly for both adults and children accidentally exposed to e-liquids. Increasingly, there are reports from schools and law enforcement agencies about the use of these e-cigarettes for other illicit substances.

E-Cigarette Use Among HUSD Students

Use of e-cigarettes among students is on the rise. On the 2015 California Healthy Kids Survey, 4% of 5th graders, 14% of 7th graders, 28% of 9th graders and 39% of 11th graders reported having tried an e-cigarette at least once. About 4% of 7th graders, 12% of 9th graders and 12% of 11th graders reported using them regularly.

Produced by the Hemet Unified School District's Tobacco Use Prevention Education Program, March, 2016. Call (951) 765-5100, ext. 3210 for more information.