

# TACKLING INDIGENOUS SMOKING

## Young people and smoking

Young people who begin smoking have changes in their developing brains that can not be undone.

Tobacco companies aim to get young people hooked and keep them hooked for the rest of their lives.

### Young people and smoking

- One time is enough to kick start an addiction
- Smoking and vaping can harm your future opportunities including sports, work and finances.
- We need our young people living long lives, without Elders our culture doesn't carry over and we run the risk of losing knowledge . If people are passing younger and younger there wont be Elders.

If you're a young person that smokes you need to be aware that there is no such thing as safe smoking. Cigarettes, vapes and e-cigs all carry risk.

Smoking when you are young causes changes to your brain especially in the areas that control mood, learning, impulsivity and memory.

The younger you take up smoking the faster the addiction takes hold and the stronger the cravings. This can make quitting hard, but not impossible. Meaning you may not have as long left as a fit young person as you think.

Smokers spend on average in their lifetime around \$500,000 to \$600,000 dollars on their addiction. That is money spent on something that is thrown away impacting our environment and killing you every single second.

The good news is, if you never take it up you never have to quit. If you smoke now, you can quit and you may avoid really damaging disease and illness. The benefits of quitting far outweigh any benefits you believe there are for continuing to smoke.

“No matter how many mistakes you make or how slow your progress, your still way ahead of someone who isn't trying.—unknown

### Live a long and healthy life!

- Quit smoking
- See your GP or midwife for access to NRT (patches, gums, lozenges etc.) these are safer than continuing to smoke
- Tell your friends and family you're quitting
- Get your partner in on the act too if you can
- Practice the 4Ds - Delay, drink water, distract yourself and practice deep breathing
- Call the Quitline on

137 848

