



QuitPath

...for **GUYS** who want to quit smoking

Ready to break with tobacco?



You decide when. We'll show you how.

Smart steps...

Ready to Put Tobacco Behind You?

Maybe you bum a smoke occasionally from a friend or maybe you smoke every day. No matter how much you smoke, giving it up can be tough. Perhaps you've already tried but couldn't stick with it. That's pretty normal.

This booklet is designed to help you stop smoking for good. It's got all the information you need, beginning with helping you understand why you smoke in the first place.

By the way, you'll notice quotations *in blue italics* throughout this booklet. These are real quotes from teenage guys and young men talking about their experiences smoking and trying to quit.

You're in good company. Ready to join the quitting crowd?



How come you started smoking?



"I got a lot of prestige from my friends. I was really high up when I'd pull out a smoke and be all mature. They just always wanted to hang around with me." ¹

16-year-old Jacob



"Some people, when they're socializing, they feel nervous and they're fidgety. So they need something to do with their hands. And smoking offers that perfect medium where you could fidget but look cool at the same time and not act nervous." ¹

16-year-old Matthew



"It's more what you will do to fit in, not what you will do to smoke because you may not actually want to smoke." ¹

16-year-old Justin

We each have our own reasons for smoking.

Maybe it's to fit in with a group of friends, maybe it's to cope with stress. Perhaps it's to assert your independence, a way of saying "This is my life, I can do what I want."

Some of us enjoy smoking the same way we enjoy eating a chocolate bar or going to a movie. It's a treat!

And some of us are simply addicted to the nicotine in cigarettes; we need to smoke to get through the day.



“In the last year I haven’t woken up one day without wanting to quit, but my lifestyle and priorities and stuff keep me smoking.”

17-year-old Cameron, daily smoker

Am I dependent on smoking?

*"If you're physically addicted it's because your body needs it, right? You've gone through the frustration of doing it when you don't want to. Then after a long time of doing it, it'll become a part of you."*¹

18-year-old Tristin, daily smoker

*"I've heard that you have nicotine sensors in your brain or maybe it's not nicotine sensors, then just sensors. And I don't know, when nicotine hits them it really likes it, so it makes your body feel like it wants it again."*¹

17-year-old Hugh, daily smoker

There's no question – the nicotine in cigarettes can contribute to an ongoing need or dependence. Within seven seconds of taking a puff, the chemical reaches your brain and makes you feel good. But the feeling doesn't last for more than half an hour. Soon you'll want another cigarette. And then another. It can be hard to stop once you start.





QUIZ

Take this little quiz to see how dependent you are on cigarettes:

1. I only smoke occasionally, like at parties on weekends.
2. I smoke 15 or more smokes every day.
3. I usually smoke my first cigarette within 30 minutes of waking up.
4. It's tough to go for more than four hours without a smoke.
5. I've tried to cut back or quit and I felt awful. I was moody, couldn't concentrate in school and had trouble sleeping.

If number 1 best describes your smoking behaviour, you may not be dependent or you have a low level of dependency.

If you identify with any of the remaining statements you're probably moderately to highly dependent. The more of the statements from 2 to 5 that describe your smoking behaviour, the higher your level of dependence.

Convince me

"It's something detrimental to your health. But at the same time, everything is detrimental to your health. And if you are gonna enjoy doing something, why stop it as long as you are doing it in moderation?"¹

17-year-old Ryan, occasional smoker

"Everything in moderation" sounds wise. Unfortunately, it doesn't apply to tobacco. Smoking and chewing tobacco can have some unpleasant consequences pretty early on. For starters, bad breath and smoky clothes are not attractive and you can get addicted before you know it.



How Tobacco Affects Your Body



Brain – Nicotine, the drug that makes tobacco addictive, goes to your brain very quickly. Nicotine makes you feel good when you're smoking, but it can make you anxious, nervous, moody, and depressed after you smoke. Using tobacco can cause headaches and dizziness.

Mouth – Tobacco stains your teeth and gives you bad breath. Tobacco ruins some of your taste buds, so you won't be able to taste your favorite foods as well. Tobacco causes bleeding gums (gum disease) and cancers of the mouth and throat.

Skin – Smoking causes dry, yellow skin and wrinkles. The smell sticks to your skin.

Heart – Smoking increases your heart rate and blood pressure and causes heart disease and heart attacks. If you exercise or play sports, your heart has to work harder to keep up.

Lungs – Smokers have trouble breathing because smoking damages the lungs. If you have asthma, you can have more frequent and more serious attacks. Smoking causes a lot of coughing with phlegm (mucus). Tobacco can cause emphysema (lung disease) and lung cancer.

Penis – Heavy smoking (that's more than 20 smokes/day) is a risk factor in erectile dysfunction. That's the medical term for not being able to get a hard-on. Yikes!

Muscles – Less blood and oxygen flows to your muscles, which causes them to hurt more when you exercise or play sports.

It's not just about you, ya know.

Your smoking hurts others too. Second-hand smoke has been linked to breast cancer in women, sudden infant death syndrome in infants and recurrent ear infections in kids. Smoking can kill pets and animals too. All it takes is eating a few cigarette butts for a small dog or cat to be poisoned. Butts have been found in the stomachs of wild animals, including fish, whales and birds. Yuck!



The sooner you quit, the sooner you'll feel better.

It's easy to put off quitting. But instead of thinking about how hard it's going to be, think about how great it's going to feel when you no longer smoke. It doesn't take long for your body to begin to recover once you quit.

Within 2 Days:

Your sense of taste and smell start to improve.

Within 3 Days:

Breathing gets easier.

Within 2 Weeks to 3 Months:

Exercising becomes easier and your lung capacity can increase by 30 percent.

Within 6 Months:

You'll have less fatigue, shortness of breath and coughing.

Within 10 Years:

Your risk of dying from lung cancer will decrease by half.

Within 15 Years:

Your risk of dying from a heart attack is the same as a person who has never smoked.

Preparing to Quit: Checklist to help you

Why I smoke?

- 1** Smoking looks cool.
- 2** It opens doors, it helps me make friends.
- 3** It's what I do to party – smoking and drinking go together.
- 4** It's something I can share with my buddies.
- 5** I like the taste of tobacco.
- 6** I love the feeling of holding smoke in my lungs, then blowing it out.
- 7** Smoking makes me look and feel more mature.
- 8** I like being able to decide who to give a cigarette to, and who not to.
- 9** My parents wouldn't approve, but I like being my own person.
- 10** It's a stress breaker.
- 11** I smoke if I'm mad. It makes me feel better.
- 12** It keeps my hands busy.
- 13** I couldn't handle it if I needed a smoke and didn't have one.
- 14** My body asks for it. Smoking makes me feel normal.
- 15** It's a part of my daily routine. I need the hand-to-mouth action.

So what does this all mean? Check out the next page to find out.

What kind of smoker am I?

Based on your answers on the previous page, take a minute to do some self-analysis.

If you identified mostly with numbers **1 to 4** then you're a **social smoker** you smoke to connect with others, to fit in, to be accepted, to party. It's not the cigarettes themselves that are cool, but the social life that goes with them.

If you identified mostly with numbers **5 and 6** then you **smoke for pleasure**. You enjoy lighting up and the physical sensations that come from smoking.

If you identified mostly with numbers **7 to 9** then you **feel empowered** by smoking. You like the status it gives you and the power you have over others who might want to bum a cigarette. Smoking shows you control your own life too.

If you identified mostly with numbers **10 to 12** then you smoke for **emotional reasons**. Smoking calms you. When you're upset or angry, it's a release.

If you identified mostly with numbers **13 to 15** then you're **physically dependent** on smoking. You may have started for another reason, but now it's a daily habit and likely an addiction.

So now what?

Not everyone fits into a single category. Maybe you started out smoking occasionally for one reason and now you smoke regularly for a variety of reasons. The point of this is simply to figure out what's keeping you smoking now, so you know how to deal with it.

Why I smoke	How else can I meet this need ?
I'm a social smoker.	Find other ways to hang out with your friends. If you do stick around while others smoke, find ways to distract yourself and not focus on the cigarettes.
I smoke for pleasure.	Life is full of fun things. What about learning to play the guitar, playing video games, or working out.
I smoke to feel empowered.	It can be difficult when you don't feel in control of your life. But whether you are in control now or not, you will be soon. Use these years to prepare yourself. Smoking only costs you time and money, and the addiction makes you weaker. Empower yourself by saying no and determining your own future.
I smoke for emotional reasons; I'm stressed, upset or angry.	Take up running, take deep breaths or share your problems with a friend. (see other ideas on p. 22)
I'm physically dependent on smoking.	Read about nicotine addiction (p. 4-5) and the symptoms of withdrawal (p.19)

So if I don't have a heavy dependence to smoking, then stopping should be no problem, right?

Not necessarily. You can be hooked psychologically too. Maybe you smoke in certain situations or when you feel a particular way. Or maybe you smoke at the same place with certain friends. Your brain begins to associate those situations, feelings, places and people with smoking. These are called smoking triggers. So when you want to quit, you need to change your routine, maybe even your friends.

Typical triggers	How to respond differently
Smoking after a meal	Help with dishes. Brush your teeth after meals or use mouthwash.
Smoking at breaks and lunchtime	Avoid the smoke pit. Kill some time inside or on the field until your friends have come back.
Smoking while talking on the phone	Keep your fingers busy with a video game, doodle with a pen or feel a smooth stone in your pocket.
Smoking while driving or riding in the car	Remove the ashtray. Sing along to your music. Or take the bus or ride your bike instead.
Smoking and drinking	Drink non-alcoholic beverages at parties or don't go to parties where you know there'll be lots of booze.

What are your smoking triggers?.....

How do I quit?

Stop all at once or cut back gradually? With or without help? You'll want to think about your options.

I'm quitting by stopping all at once...

"It wasn't something like, oh, I'm going to quit on this date kind of thing. I just all of a sudden decided to quit." 2-16-year-old Jeff

Tips	The Good	The Bad
<ul style="list-style-type: none">• Set a quit date.• Avoid coffee because caffeine makes withdrawal symptoms worse.• Change your daily routine, e.g., go for a walk when you would normally smoke.• Keep substitutes handy, such as sugarless gum, sunflower seeds and raw veggies.• Rub a smooth stone to keep your fingers busy.	<ul style="list-style-type: none">• It helps you prepare mentally.• Your health starts to improve immediately.• You don't risk dragging out quitting for so long that you never truly quit.	<ul style="list-style-type: none">• Stopping suddenly and without any help is probably the hardest way to quit.• If you're highly dependent on nicotine (see p. 16-17) you're more likely to need some kind of support.

“I’ve heard some guys say it’s easy to quit but for me it’s hard work.”²

I’m quitting by cutting back gradually...

“When I made the decision and was able to cut down a little bit day by day, I went from one pack a day to one pack every three days.”² 17-year-old Steven

Tips	The Good	The Bad
<ul style="list-style-type: none">• Reduce the number of cigarettes you smoke each day.• Wait at least five minutes before lighting up and the urge will likely go away.• When you feel you need to smoke, sip water slowly.• When you would normally smoke, go for a walk or brush your teeth.	<ul style="list-style-type: none">• It’s generally easier to cut back gradually.• Withdrawal symptoms may be less intense.• You can slow down or speed up quitting depending on how your body reacts.	<ul style="list-style-type: none">• You might go too quickly or too slowly.• Cutting nicotine by more than 30 percent at one time might result in intense cravings and other withdrawal symptoms (see p. 19).• If you go too slowly, you might get off track and never quit for good.

What about pot instead?

You're not doing your health any favours by replacing cigarette smoking with pot. It reduces your short-term memory, making it harder to learn and interferes with your ability to concentrate. Pot may not be as addictive as tobacco, but marijuana smoke contains some of the same ingredients as tobacco smoke that can cause cancer and lung disease.

I might need some help....

You're not alone. It's easier to say *"I'm going to quit on my own"* than to do it. Check out some of these supports:

What's available	How does it help?
Helpline Support:	Call 1.877.513.5333 to speak directly with a quit coach who can help you quit.
Online Support: www.quitpath.ca	Go to quitpath.ca to join the online community and try out the Quit Plan and other interactive tools.
Text Support:	Text the word QUITPATH to 123456 for 14 weeks of motivational messages direct to your cell to help you quit smoking.

What's available	How does it help?
<p>Nicotine Replacement Therapy, such as nicotine patches</p>	<p>The nicotine patch is now available for free through the Yukon Smoking Cessation Program. Call the QuitPath line to learn more. You need to be 18 years of age to access the nicotine patch. Nicotine lozenges, inhaler and mouth spray are available, but they are not free through this program.</p>
<p>Prescription medications such as bupropion (Zyban™) or varenicline (Champix™)</p>	<p>These work on the brain to manage symptoms and cravings. Discuss with your doctor. These medications are not covered through the Yukon Smoking Cessation Program.</p>
<p>Self-help booklets like this one</p>	<p>Do a friend a favour and pass this one on when you're finished with it.</p>
<p>Family and friends</p>	<p>Quitting is easier if you have support. Tell your family and friends what they can do to help you.</p>
<p>Here to Help: www.heretohelp.bc.ca</p>	<p>This website offers information about cannabis (i.e., marijuana or pot), alcohol and other drugs.</p>

How am I going to feel when I quit?

It depends how long you've been smoking and how much you smoke. Some people feel addicted after their first cigarette. For others it takes much longer. But if you're a regular tobacco user, your body will react when it stops getting nicotine.

Check out the next page for the symptoms you might feel when you stop using tobacco.



Common Withdrawal Symptoms	What it means	What I can do
I feel tense, on edge	Your body is craving nicotine.	Breathe deeply, go for a walk, practice yoga, avoid coffee, energy drinks and pop.
I'm coughing	Your lungs are clearing out mucus, a sign they're recovering from the effects of tobacco smoke.	Drink lots of water, suck on cough drops or hard candy.
I'm hungry all the time	Nicotine suppresses hunger and dulls your taste buds so when you stop smoking your appetite will return to normal. Bonus – food will taste better!	Snack on healthy, low-calorie food such as carrot sticks, celery, sunflower seeds or popcorn. Take a few minutes and go for a walk.
I'm tired	Nicotine is a stimulant, making your heart beat faster and increasing your metabolism. When you don't have it, you feel less energetic.	Get more sleep until your body returns to normal in about a week.
I'm spaced out; I can't concentrate	Your body is adjusting to being without nicotine.	Get some fresh air by playing frisbee or hackysack.
I'm restless and bored	Smoking was something to do and now you don't have it.	Find new things to do to keep your hands busy. Play with your phone, doodle, head for a walk. Do whatever keeps you busy!

How do I handle a nic fit?

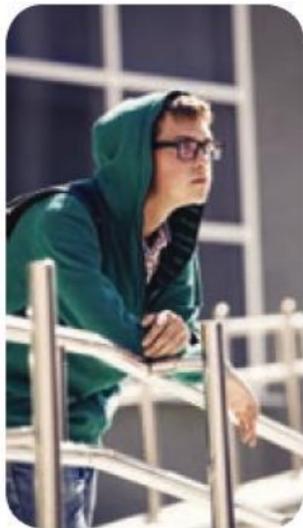
If you're addicted, your body's going to protest when it doesn't get nicotine. Take nic fits in stride with the **Four D's**:

Delay – wait for the craving to pass. It will in a few minutes.

Deeply breathe – in through the nose, out through the mouth as slowly as possible.

Drink water – sip it slowly and hold each sip in your mouth for a few seconds.

Distract yourself – by doing something that makes smoking impossible, such as having a shower or going for a swim.



You can do it.

"It's you doing it, like your own cigarette. You're smoking it. It's nobody else saying you have to do it or you can't do this; it's your choice. It gives you a little more power." ¹ – 15-year-old

Davin, occasional smoker

Exactly - it's your choice. That's true about quitting too. You can choose to quit any time. Knowing you have the power to quit is really important. Don't let anyone discourage you.

Still, quitting is a big accomplishment and you deserve to feel good about it. With the money you save from not smoking, you can afford to reward yourself.

Figure out how much you spend on smokes and what you could buy instead. For instance, if you smoke two packs a week, that costs roughly \$23. Two packs a week adds up fast. \$104/month and \$1248/year. That's a laptop, a new set of ski gear, or even a car.



I'm stressed out!

If you smoke to deal with stress or anxiety, quitting smoking can be another source of stress. Maybe you're stressed just thinking about quitting!

We can't eliminate stress altogether, but we can learn to manage it and turn it into something positive. Try one or more of these ideas:

- Breathe deeply and slowly, in through the nose, out through the mouth.
- Lie down and think about relaxing one body part at a time until you're completely relaxed and at rest.
- Practice being in the moment – notice the details of everything around you.
- Deal with problems head on – get advice from friends, parents or other adults.
- Visualize – picture yourself in a place where you're happy and relaxed.
- Have a shower and alternate between hot and cold water.
- Go for a walk or run with your tunes – an easy way to unwind that you can do any time, any place.
- Don't blame yourself – replace negative thoughts with positive ones.

Ooops, I slipped.

*"There was the week I started smoking again. I took care of a cabin of boys. I had a really bad week and I just couldn't handle it. I needed that cigarette and I picked it up again and lit up."*¹

16-year-old Tony, occasional smoker

No big deal. Most teens take several attempts before they quit for good. But it's important to learn from the experience and get back on track right away.

Where were you when you started smoking again?

What were you doing and feeling at the time?

Who were you with and were they smoking too?

Now that you know your trigger(s) what can you do differently next time?



"Try picking up a pen or a guitar instead of a cigarette next time life seems to be coming at you too fast. Writing, music, and other forms of creative expression let my mind escape to another place, away from the stress of everyday life."

Mason Trafford, North Vancouver, BC
Pro Soccer Player, Finland

"Just remember that you've always got a choice, so even if your friends smoke, it doesn't mean you have to. Making healthy choices is easy when you surround yourself with others who've chosen to live a quality, smoke-free life."

Denny Morrison, Fort St John, BC
2011 Olympic Gold Medallist, Speed Skating, Team Pursuit





“Sometimes the hardest thing is to break our own patterns because we get comfortable in our habits. Look at what you are doing to be sure that the road you’re on leads to the destination you want to reach.”

David Calder, Victoria, BC
2008 Olympic Silver Medallist, Rowing

¹ Johnson, J.L., Bottorff, J.L. Moffat, B., Ratner, P., Shoveller, J.A. & Lovato, C.Y. (2003) Tobacco dependence: adolescents’ perspectives on the need to smoke. *Social Science and Medicine*, 56(7), 1481-1492.

² Oliffe, J.L. , Bottorff, J.L., & Sarbit, G. (2010) *The right time. The right reasons. Dads talk about reducing and quitting smoking*. Kelowna, B.C.: Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia, Okanagan, Canada.



Support can make all the difference!

**For help with quitting call Smokers' Helpline
At 1 877 513 5333, or go to Quitpath.ca**

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