



QuitPath
...for **GIRLS** who want to quit smoking



**Ready to break
up with tobacco?**



You decide when. We'll show you how.

Smart steps...

Ready to Put Tobacco Behind You?

Whether you bum a smoke occasionally from a friend or smoke every day, giving up tobacco can be tough. Maybe you've already tried but couldn't stick with it. That's pretty normal.

This booklet will 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 pink italics* throughout this booklet. These are from real teenagers talking about their experiences smoking and wanting to quit.

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



How come you started smoking?



*"Bum a cigarette, bum a lighter, bum anything and then your conversation has started."*¹

17-year-old Daniella, former smoker



*"You feel fulfilled because you have something in your hand, you have something to do."*¹

15-year-old Nevaeh, daily smoker



*"It's an excuse to stick something in my mouth and smoke it, rather than screaming at people."*¹

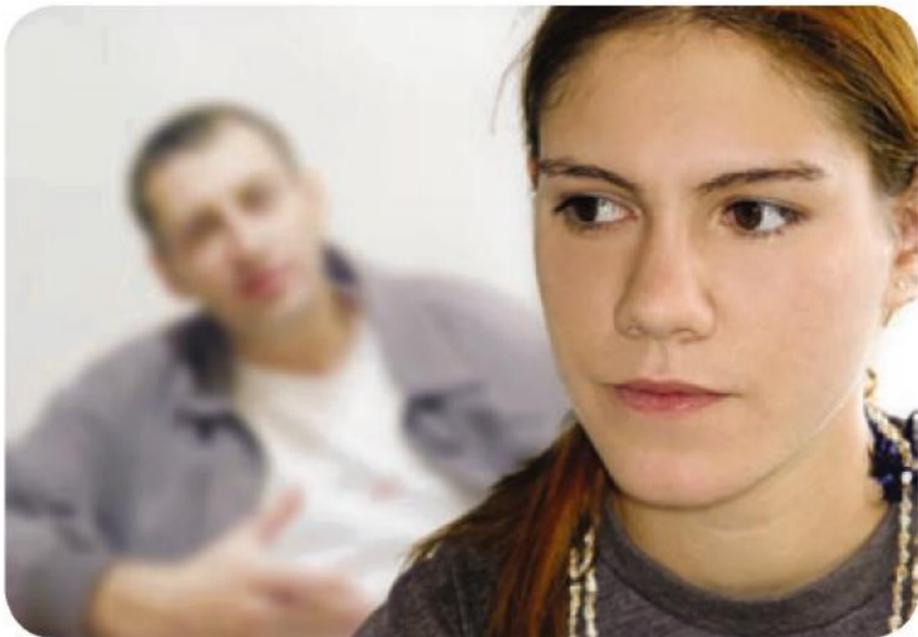
18-year-old Bella, occasional smoker

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.



Me, quit?

"I don't think I'm to that point where I know the next cigarette's going to be the last. That scares me."³ 17-year old Erin, daily smoker

Yup, quitting can be scary, but it is possible. The secret is not to give up just because you slip up. It usually takes teenagers several attempts to quit before they're successful.

Dependent on smoking?

"It's gone beyond maybe wanting it or enjoying it, but at this point, my body is addicted to it, and no matter what, I couldn't get through a day without either thinking about it or feeling like I need a cigarette." ¹

19-year-old female who smokes occasionally

Smoking can become a bigger deal than you expected. That's because nicotine, one of the main chemicals in tobacco, is highly addictive. Within seven seconds of taking a puff, nicotine reaches your brain. It makes you feel good for a bit, but the feeling doesn't last for more than half an hour. Soon you may want another smoke and another. It can be hard to stop once you start.





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

*"I know smoking is bad for me. I know I need to quit. I'll quit later."*³

16-year old, Kristin, occasional smoker

When we're young, it feels that nothing can hurt us... or if it does, it'll be a long way down the road. But smoking can have some unpleasant consequences pretty early on.



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.

Skin

Smoking causes dry, yellow skin and wrinkles. The smoke sticks to your skin and causes lasting odor.

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.

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.

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 hurt or kill our friends in the animal kingdom. 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.

Let's face it, smoking isn't exactly pretty. But the good news is it doesn't take long for your body to recover.

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, especially after a big test or something hard.
- 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, 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 options. Learn to play guitar, go exploring, read a book, get creative.
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 yoga, learn to meditate 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. 18).

So if I don't have a big addiction, 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 doing dishes. Go brush your teeth or use mouthwash.
Smoking at breaks and lunchtime	Don't head to the smoke pit with the usual gang. Go for a walk, do homework inside, text a friend or listen to some tunes.
Smoking while talking on the phone	Keep your fingers busy with an elastic band, doodle with a pen or feel a smooth stone in your pocket.
Smoking while driving or riding in the car	Remove the ashtray. Take a different route. 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 smoking and 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...

Tips	The Good	The Bad
<ul style="list-style-type: none">• Pick a quit day after your period. Withdrawal symptoms are worse during your period and in the latter part of your cycle.• Avoid coffee, energy drinks and pop 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.• Play games on your phone or rub a smooth stone to keep your hands busy.• Call a friend for support.	<p>Your health starts to improve immediately</p> <p>You don't risk dragging out quitting for so long.</p>	<p>Stopping suddenly and without any help is probably the hardest way to quit.</p> <p>If you're highly dependent on nicotine (see p. 16-17) you're more likely to need some kind of support.</p>

"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

I'm quitting by cutting back gradually...

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. 18).• If you go too slowly, you might get off track and never quit for good.• Cutting down can mean that you are in a constant state of withdrawal - which just drags out the process.

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 actually do it. Check out some of these supports:

What's available	How does it help?
Helpline Support:	Call Smokers' Helpline 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.
QuitPath by TXT:	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,</p>	<p>The nicotine patch is available for free through the Yukon Smoking Cessation program. Call the QuitPath line at 1 866 221 8393 to find out more about the Patch..You need to be 18 years of age to access the patch.</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 **“hooked”** your body will react when it stops getting nicotine.

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. Being physically active such as walking or running actually re-energizes your body.

Common Withdrawal Symptoms	What it means	What I can do
I'm spaced out; I can't concentrate	Your body is adjusting to being without nicotine.	Go outside for a walk in the fresh air and clear your mind.
I'm restless and bored	Smoking was something to do and now you don't have it.	Find new things to do to keep busy and keep your hands occupied. Puzzles and video games on your smart phone will give your hands and brain something to do. Give your body something to do; cycle to your local rec centre for a nice dip in the pool or to the mall to window shop.



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.



Sounds great, but what about weight gain?

If you're wondering "will I gain weight when I stop smoking?" the answer is "maybe" – you might gain a few pounds. When you smoke, your body's working overtime, burning more calories than usual. When you stop smoking your body's metabolism returns to normal. On average, people gain less than 7 pounds when they quit smoking. They usually lose it when their body adjusts to being without tobacco. And the benefits of quitting far outweigh any pounds you may put on.

How can I keep to a healthy weight if I don't smoke?

Smoking doesn't do your body any favours. The best way to a healthy weight is by eating the right amount of nutritious food and being physically active. Here's what girls between 14 and 18 years of age need to eat every day: (For more information, Google 'Canada's Food Guide').

Type of food	Servings per day
Vegetables and fruit	7
Grain products (e.g., brown rice, oats, quinoa)	6
Milk and alternatives (e.g., soy milk, almond milk)	3 to 4
Meat and alternatives (e.g., fish, beans, lentils, tofu)	2

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 limp 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 run with your tunes – even if you don't normally run, running is an easy way to unwind that you can do any time, any place.
- Don't blame yourself – replace negative thoughts with positive ones.

You can do it

Believing you can quit is really important. Don't let anyone discourage you. 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 cigarettes and what you could buy instead. Two packs a week adds up fast. \$104/month and \$1248/year. That's a laptop, a new set of ski gear, or a whole lot of clothes.

Time	How much I spend on cigarettes	Instead of cigarettes I could buy...
1 day		
1 week		
2 weeks		
1 month		
6 months		
1 year		

Ooops, I slipped

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 the trigger(s) what can you do differently next time?

Is there someone I can talk to,
to help me get back on track?





"All of my friends smoked in high school, but I knew smoking would be detrimental to my health and my ability to do my sport to the best of my ability. There was nothing positive or cool about it. Sport motivated me to be smoke free."

Kristi Richards, Pemberton/Summerland, BC
2007 World Champion, Two-time Olympian, Freestyle Skiing, Moguls

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.

³ Moffat, B.M. & Johnson, J.L. (2001) Through the haze of cigarettes: Teenage girls' stories about cigarette addiction. *Qualitative Health Research*, September (11): 668-681.



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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Yukon
Health and Social Services