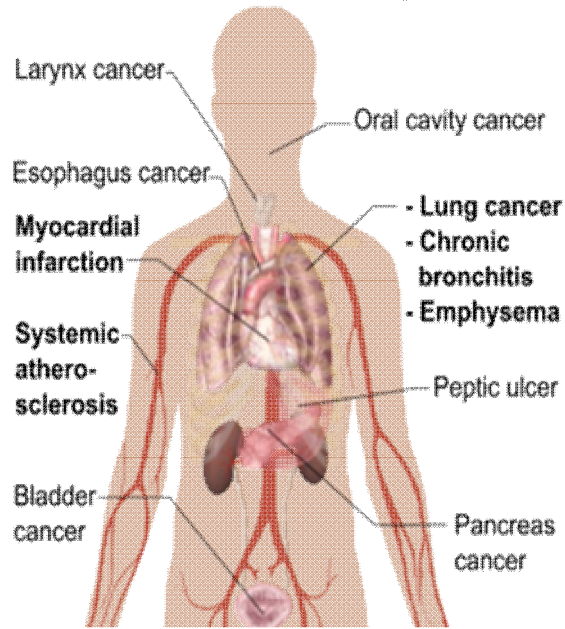


Common adverse effects of
Tobacco smoking



Smokeless Tobacco Outcomes

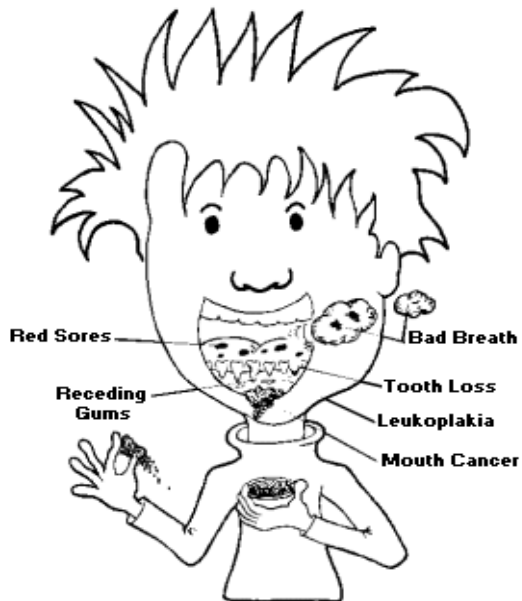


Illustration by Sarah Donahoe



Tobacco-Free Schools

The Board of Trustees recognizes the health hazards associated with smoking and the use of tobacco products, including the breathing of second-hand smoke, and desires to provide a healthy environment for students and staff. The board believes that it is in the best interest of students, employees, and the general public to prohibit the use of tobacco products by anyone, anywhere, and at anytime on district property, in district vehicles, while attending school-sponsored events, or when employed to supervise students.

BP3513.3(a)



"Sweetwater Union High School District programs and activities shall be free from discrimination based on gender, sex, race, color, religion, ancestry, national origin, ethnic group identification, marital or parental status, physical or mental disability, sexual orientation or the perception of

Chula Vista Middle
Joanne Price (TUPE ADVISOR)
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cvm.sweetwaterschools.org
Phone: 619.498.6850

Chula Vista
Middle
2013-2014

TUPE
Tobacco -Use
Prevention F



Home of the
Cavaliers

2013-2014

TUPE Tobacco-Free Activities

- ◆ August 22: Back-to-School Night OPEN HOUSE
 - ◇ Parent Information
 - ◇ Resources & Display
- ◆ September: Peer mentor Training at SDCOE
- ◆ October 20: American Cancer Society- "Making Strides Against Cancer" walk & clean-up (Balboa Park)
- ◆ October 21-31: Red Ribbon Week
 - ◇ Anti-drug/Tobacco Activities
 - ◇ Youth Advocacy Campaign

- ◆ November 9: "Fight for Air" American Lung Assoc. walk at the Embarcadero
 - ◆ December 5: Dr Victor DeNoble presentation (tentative)
 - ◆ February 13: Save-a-Sweet-Heart
 - ◆ March 8-9: Spring Jam at Camp Cuyamaca
 - ◆ March 19: "Kick Butts Day"
 - ◆ April 19: Creek to Bay Clean-up
 - ◆ April 21: Earth Day
 - ◆ May: Digital Media Showcase
- * Health Fair date will be announced



Smoking or use of any tobacco-related products and disposal of any tobacco-related waste are prohibited within 25 feet of any playground, field, except on a public sidewalk located within 25 feet of the playground.

Health and Safety Code 104495

The Risks

Whether smoked or chewed, nicotine is one of the most highly addictive drugs used in today's society. And once you're hooked, it's extremely hard to overcome this addiction. Surveys have shown that most adult smokers first tried cigarettes during their teen years, and there is a direct relationship between early smoking and adult addiction.

Smoking harms your immune system and can affect nearly every organ of your body. When you smoke, it's not only the nicotine that's dangerous, but also chemicals in tobacco like carbon monoxide, tar, formaldehyde, cyanide and ammonia-many of which are known carcinogens (cancer-causing poisons). Carbon monoxide keeps red blood cells from getting the full load of oxygen needed for healthy cellular growth. This encourages the carcinogens in tobacco to bind to the cells throughout your body and cause cellular damage.

Chewing or sniffing tobacco is just as dangerous as smoking and also has a high risk of addiction. And prolonged use of smokeless tobacco leads to a high

risk of cancers of the mouth.

Bidis and hookahs have become popular alternatives to smoking cigarettes, and some people seem to think they are less harmful than regular cigarettes. The truth is that hookah smoke still delivers addictive nicotine, and bidis actually have more nicotine than cigarettes. So both are at least as toxic as cigarettes, with bidis having the potential to be even more harmful.

LONG-TERM EFFECTS

You probably already know that the greatest long-term risk of smoking is cancer and lung disease. Here are some numbers to consider: In the 40 years between 1964 and 2004, cigarette smoking caused an estimated 12 million deaths, including 4.1 million deaths from cancer, 5.5 million deaths from cardiovascular disease, 1.1 million deaths from respiratory disease and 94,000 infant deaths related to mothers smoking during pregnancy.

Even after 30 years of warnings on packages, tobacco continues to impact our health. In 2010, more than 220,000 new cases of lung cancer were reported, and more than 150,000 Americans died as a direct result of the disease.

THE BOTTOM LINE

Smoking tobacco and smokeless tobacco are both carriers of the highly addictive drug nicotine. Once your body gets a taste for nicotine, it can easily become a life-long addiction, with highly fatal consequences. Although quitting can be difficult at any age, the good news is that by giving up tobacco for life, you can drastically improve your health and reduce your risk of cancer, heart disease and other life-threatening diseases associated with tobacco use.

For more information : <http://www.abovetheinfluence.com>

