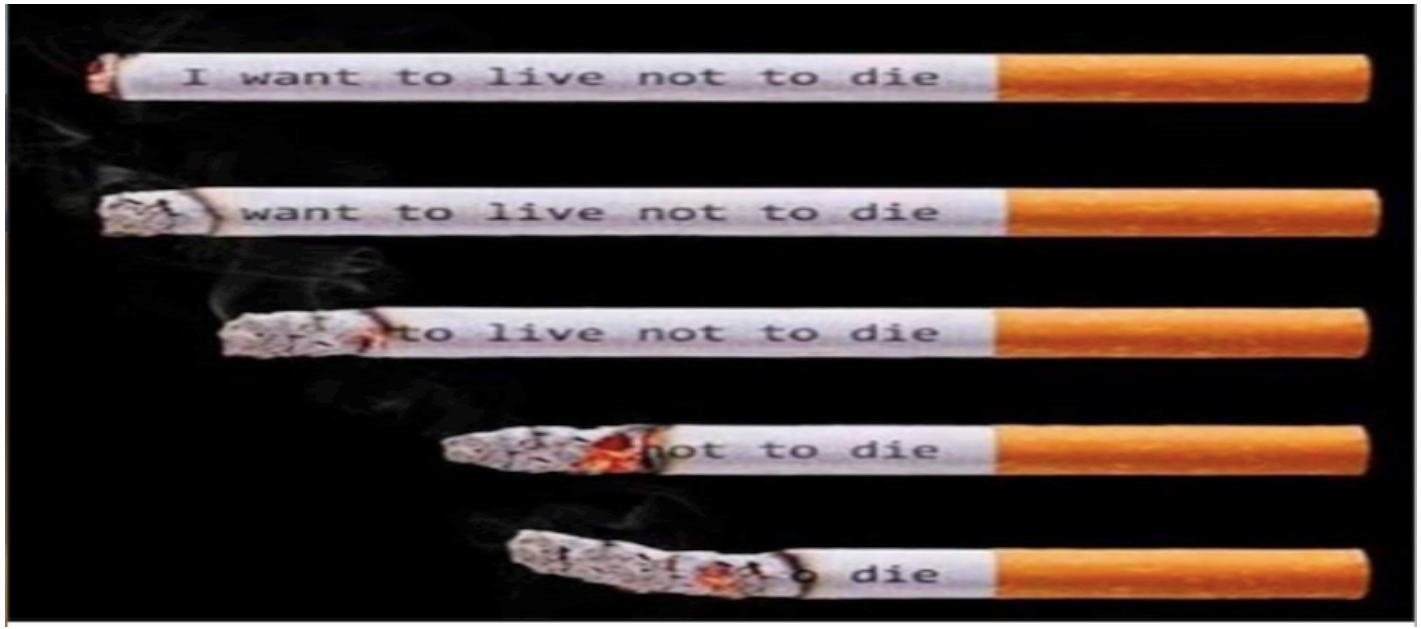
Quit to win and never start

Civic Education IIA project



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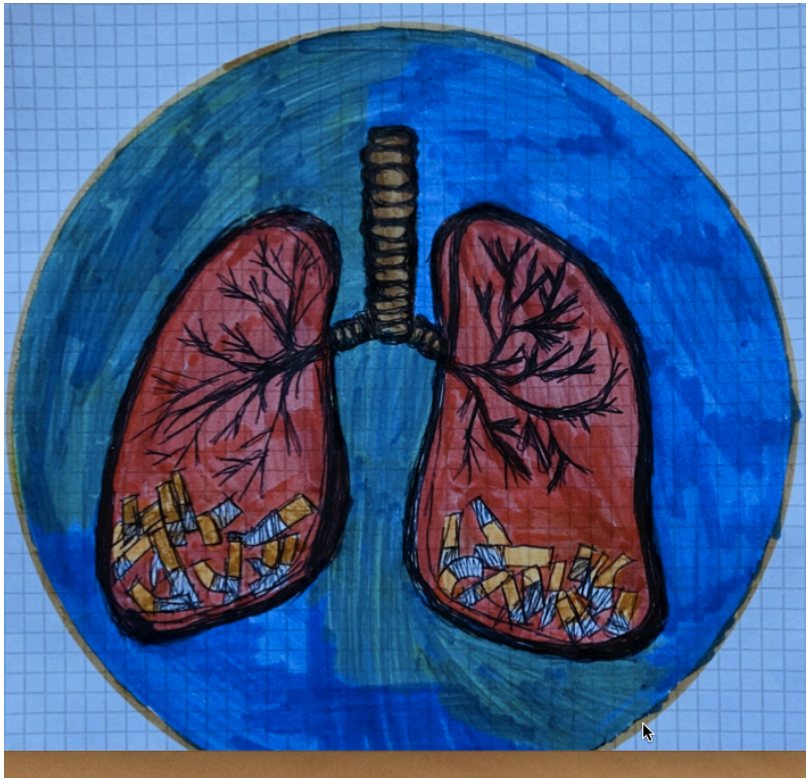
Quit to win and never start campaign

In order to build up a positive atmosphere for a smoking free environment, 7th grade IIA launches the "**Quit to Win and never start**" Smoke-free Community Campaign. The campaign comprises media promotion material, smoking cessation slogans, pictures and scientific research performed by students. This project is part of the civic education hours.



SMOKING IS A BAD IDEA



Smoking damages nearly every organ in the body. People can significantly reduce their chance of smoking-related disease by giving it up. Giving up smoking is difficult for many people,but the number of former smokers is increasing all the time.

Tobacco contains poisonous substances that affect people’s health such as carbon monoxide and tar;

CARBON MONOXIDE replaces oxygen in the blood and starves the organs of oxygen, stopping them from functioning correctly

TAR is a sticky brown substance that coats the long and affects breathing

WHY SMOKING IS A BAD HABIT

Smoking is the leading preventable cause of early disease and death in the United States. According to the Centers for Disease Control and Prevention,, current smoking in the U.S. has declined from 20.9% in 2005 to 13.7% in 2018. The number of smokers who have quit is also rising. Most of the people want to stop smoking but they can’t because is like a drug. Today I’m here to help people that want to stop smoking in 5 ways.



Designing a campaign to quit smoking

I think that the problem of smoking among teenagers is very important.
Imagine a project that addresses this topic: I must say that it is a little bit difficult as not even the state has managed to completely solve the problem.
Every project for me should start with some correct information that reaches us.
In this, it is necessary that the school and the family collaborate.
For information, periodic meetings are necessary with specialists who inform about the various problems that smoking brings to health and can answer the questions of the students. Another thing would be to bring to these meetings experiences of people who have had various problems with smoking. I would always program with experts and with the school, some little books that all can understand well, of how smoking affects us.
An important thing is the constant relationship between the school and the parents with programmed meetings. These meetings will be used by parents and teachers to control the behavior of the students.



Hello everybody I am here to expand your knowledge on smoking:
Smoking is a terrible addiction and it is very difficult to not be addicted to anymore. Sometimes people that smoke take 3 or 4 years to be able to stop smoking this is a very awful thing. This cigarettes are filled with horrible things that enter in our body every time we smoke. Not only they pollute also the environment in consequence we will have problems taking air from trees because there will be no more.





Don’t smoke, if you don’t want to end up like me!

I will tell you why!

DO YOU KNOW THAT…

Smoking even **1 cigarette** equals to assume **4000** different chemical substances, of which many of them have unknown effects in our organism.

About **80** of them are carcinogenic and other **250** are toxic in other ways.

Some of these are already in the cigarette, others are generated when we lit in.

NICOTINE
agent that causes dependence

TAR
the material we use to asphalt streets

ACETONE
the nail polish remover



CARBON MONOXIDE
gas that goes out from exhaust pipes

ARSENIC
a poison!

FORMALDEHYDE
substance that is used to conserve organs

AMMONIA
substance to disinfect our bathrooms and other home surfaces

POLONIUM 210
a radioactive substance

HEALTH RISKS OF SMOKING

Health Risks of Smoking Tobacco

Smoking is the leading cause of preventable death. Worldwide, tobacco use causes more than 7 million deaths per year. On average, people who smoke die 10 years earlier than people who have never smoked.

Not only smoke causes cancer, but many other dangerous diseases such as emphysema, asthma, and chronic bronchitis.

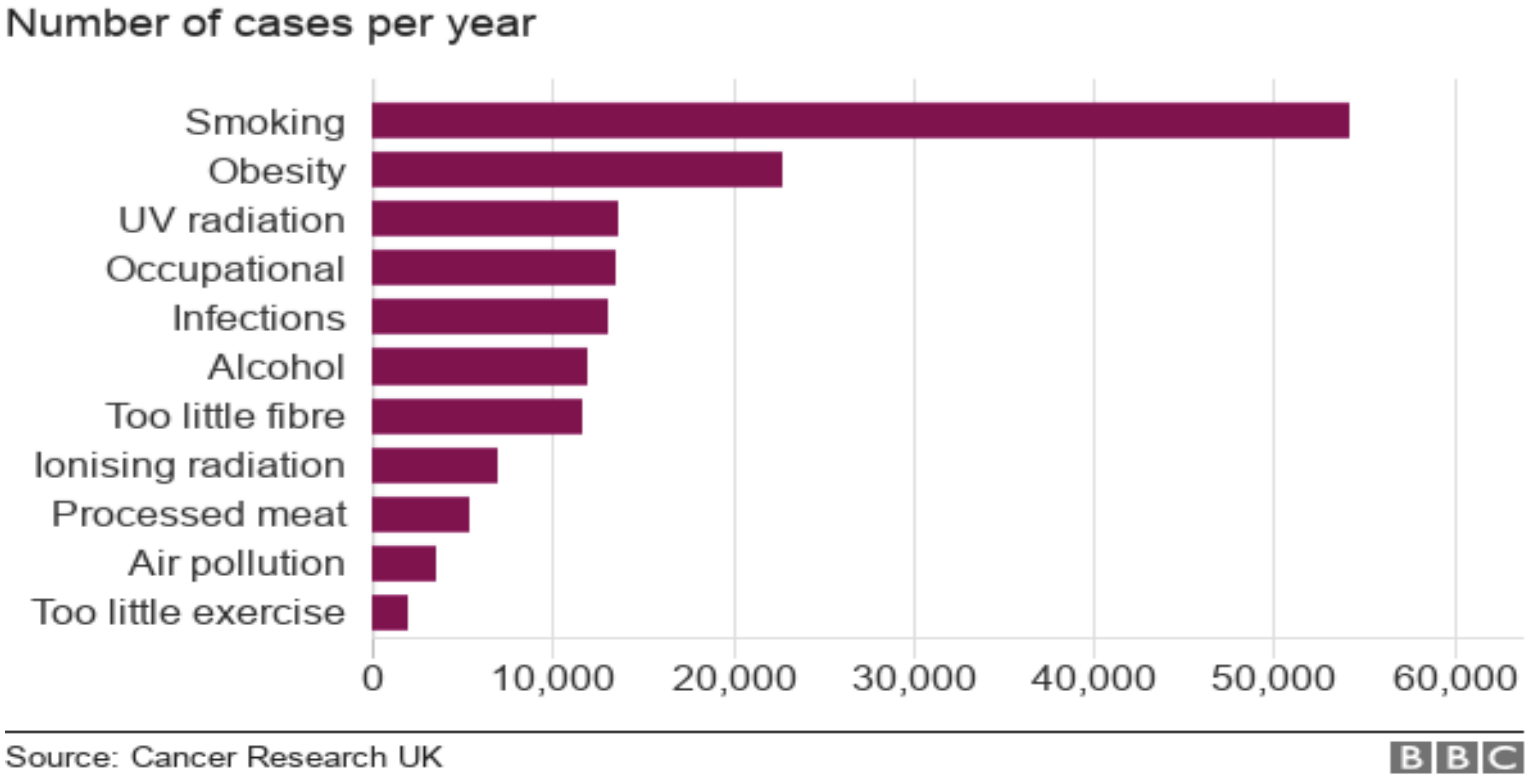
Smoke can damage nearly every organ in the body, including the lungs, heart, blood vessels, reproductive organs, mouth, skin, eyes, and bones. Cigarettes, cigars, and pipes can all cause cancer. There is no safe form of tobacco smoke. Even smokeless tobacco is not safe because it can cause cancer to the mouth.

DISEASES CAUSED BY SMOKING

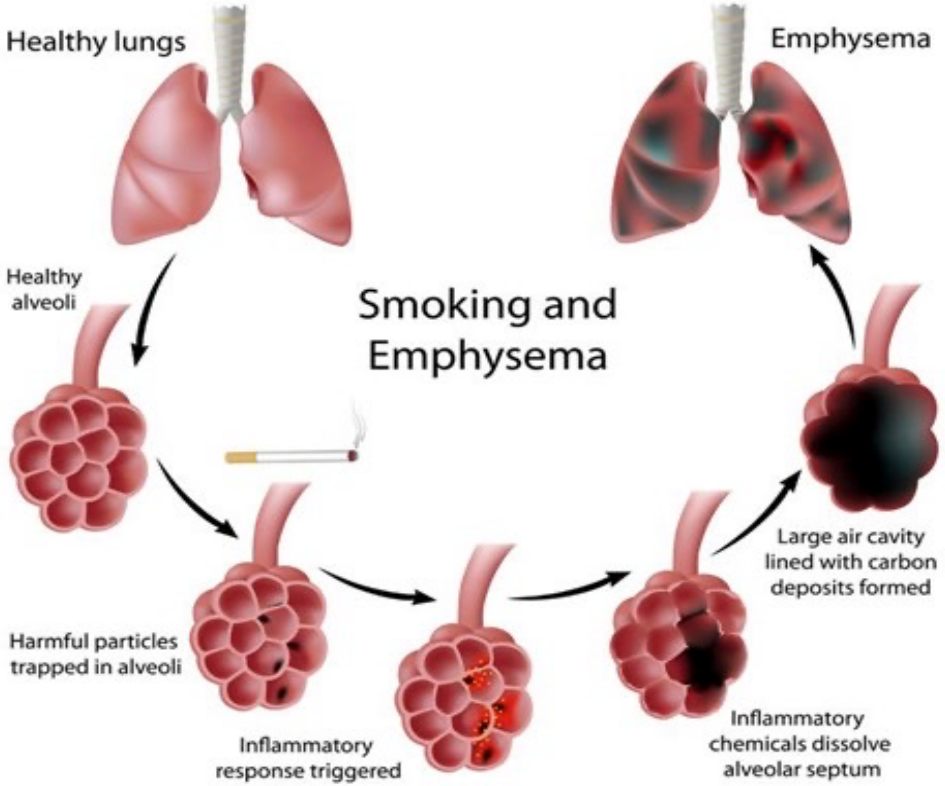
I will start by saying that smoke had always been a bad habit for us and for our health. Cigarettes and especially non-electronic ones contain roughly 5,000 chemicals including nicotine. Nicotine is addictive because is an organic compound,a toxic alkaloid that is bad for the nicotinic acetylcholine receptors.Regular exposure to second-hand smoke can cause harm. The risk and severity of the harm depends on the length of exposure and amount of smoke you are exposed toIn the long term, people exposed to second-hand smoke have a greater risk of suffering from:Breathing problems, such as increased coughing, wheezing, pneumonia and asthma,Heart disease,Stroke,Nasal sinus cancer,Lung cancer.

The tobacco smoking is one of the main global factors of premature death and disability. Smoking causes the 70% of the cases of lung cancer,it also may cause cancer in many other parts of the body like the mouth,the throat,the larynx,the esophagus,the bladder,the cervix,the

Causes of cancer in the UK



Smoking and emphysema



Secondhand smoking

Smoking is bad for your health, it can damage your lungs, but not only, it is also bad for the people around you because if your child sees you smoking, then he/she would think it is a good thing and could begin smoking at a young age. When you smoke sometimes the smoke could also arrive to non-smokers, like children, and could also damage their health, this is called secondhand smoking. If you begin to smoke when you stop, if you stop, your lungs will never be clean again as the ones of someone who never smoked in his life.
Smoking is something stupid that needs to be stopped!



Teens and smoking



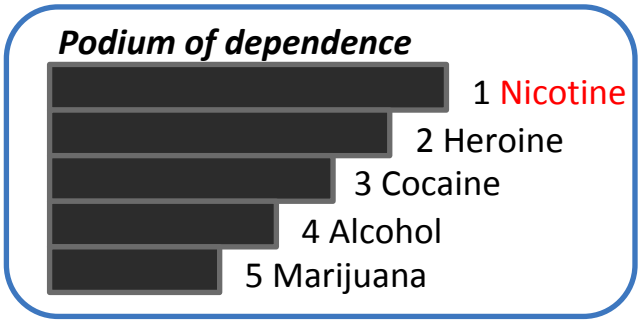
Smoking makes you look older

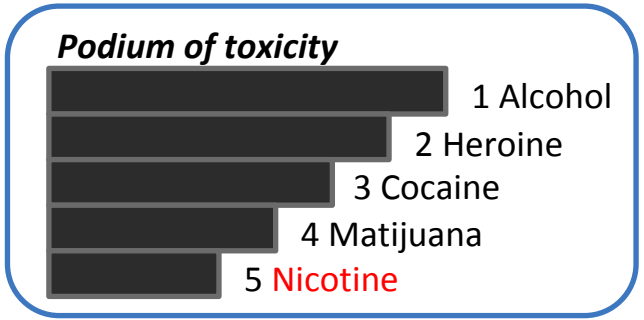
Smoking gives you facial wrinkles and results in premature aging from dry skin. It also causes your teeth to darken and turn yellow along with your fingernails. In addition, long term smoking can lead to gum disease and ulcers plus infections that can lead to tooth loss.



WHY IS IT SO DIFFICULT TO STOP SMOKING ?

Even after smoking few cigarettes, causes dependence. It reaches our brain and stimulates the production of a neurotransmitter that brings a wellness sensation and reduces those of stress.
A smoker's brain is used to high level of dopamine and stops smoking causes withdrawal symptoms, sadness and nervous.
There is also a psychological dependence caused by the act of smoking is associated to good and relaxing moments.
It is defined as **THE PERFECT DRUG** because compared to other drugs, it's the one that creates more dependence but the one that takes longer to produce its negative effects.





DATA COLLECTED FROM ANONYMOUS SURVEYS

Some answers from questions in anonymous from my campaign:

- Person n. 1:

1)Why do you smoke ? = because became a obsession and when I'm not feeling well I smoke and is like a vice.
2) At what age did you start ?= 24

- Person n 2 :

1) Why do you smoke ? = I smoke because a friend put this vice in my head.
2) At what age did you start ? = 14

Positive effects of quitting

It really is never too late to stop smoking! Men who stop smoking aged 60 will add three years to their life. Whether you have been a lifelong smoker or you've only smoked a handful of times, here's what happens after your last cigarette:

After 20 minutes, your pulse rate returns to normal.

After 8 hours, the nicotine and carbon monoxide levels in your blood reduce by more than half. Your oxygen levels return to normal.

After 48 hours, carbon monoxide will be removed from your body. Your lungs will begin to clear out mucus and other debris. There will be no nicotine left in your body and your ability to taste and smell will improve.

After 72 hours breathing will become easier as your bronchial tubes begin to relax and energy levels increase. Over the next few weeks and months, your circulation will improve. Any coughs, wheezing and breathing problems will also improve. After a year, the risk of heart disease is about half compared to a person who is still smoking.

10 years after you stop smoking, the risk of lung cancer falls to around half that of a smoker. After 15 years, the risk of a heart attack falls to the same as someone who has never smoked.

Some strategies to reduce smoking intention:

Every day millions of adolescents start to smoke and this provides them a lot of problems.
Their intention is to try one cigarette for tasty and then they will stop but unfortunately they don’t know that they will take more and more time to be able to stop smoking. That's why we need to prevent these actions that can cause permanent diseases.People that already started smoking know they can stop their addiction but when they try they realize they were trapped in a death trap that will keep you for years until it will let you go.



Instead of smoking a cigarettes we can try to:
-chewing a gum very tasty
-drinking water
-eat fruits
-eat sweets/candies

Feedback from the campaign

- Strategies to reduce smoking intention:

Stay in open spaces and play some open games and games at home to not try to smoke.

- Health-based smoking prevention knowledge and skills:

You can die!!! don’t start smoking and if you are smoking, quit!

- A way to measure the prevention program:

I try to say what the problem of smoke is through showing pictures and if they smoke I try to convince them to quit. i try to make a story on Instagram saying all the damages of smoking.

DO YOU LIKE TRAVELLING?? STOP SMOKING!!!

Everyone likes travelling, in particular in this COVID period! All of us, we hope that next summer, we'll be able to travel again…**Don't spend your money on cigarettes but save it for the journey of your dreams**!





References:

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