

A Teen's Guide to the Dangers of Smoking

Smoking kills. We all hear that message over and over, from **parents, teachers** and adverts. Sometimes it can make you feel like all adults do is moan at you, but is important. **Let's take a look at the facts that affect teenagers:**

Peer Pressure

Most teenagers care about what their friends think more than they care about their parents' opinions. In a recent study of **14-18 year olds**, it was shown that if your friends smoke, you are **three times as likely to do the same**. Don't give into **peer pressure** - stand your ground and be an individual. **Make your own choices; choose to live.**

Appearance

Let's not pretend that as teenagers we aren't all incredibly concerned **with our appearance**. So, why would you want to do something that makes **your clothes stink, your teeth yellow and stains your fingers?** **It's gross!** Don't forget that as you get older smokers are also more wrinkled. Do you want to add ten years to your **looks?** **I certainly don't!**

Health

So we've all heard the facts, but just stop to think about them for a moment. Smoking increases your chances of cancer and heart disease. **Cancer. Heart disease.** Why would you want to suffer with either of these vile and painful illnesses? Smoking reduces your life span by **an average of ten years.** **What could you do in ten years?**

Just think what you've accomplished in the last ten...

Where to go for Help

If you smoke, giving up isn't always easy. But there are people ready to help you.

- **NHS direct can give you advice**
- **Your doctor could help you**
- **Look online at www.stopsmoking.com**
- **Your school nurse could help**

KEY:

- = **purpose (information/ persuasive)**
- = **layout (titles/ subtitles/ paragraphs)**
- = **audience (teenagers)**
- = **sentences + punctuation**

Content	Sentences and punctuation	Grade
/14	+ / 6	= =