

# TobacNO! Teens Unite For A Tobacco Free Generation

As we observe World No Tobacco Day, annually on May 31st, established by the World Health Organization (WHO) to highlight the health risks associated with tobacco use and advocate for effective policies to reduce tobacco consumption. As we commemorate this day, it's crucial to focus on one of the most vulnerable groups affected by tobacco and other substance abuse teenagers.



*"The day serves as a reminder of the ongoing global efforts to combat tobacco addiction and its far-reaching consequences on health, society, and economies."*

The theme for World No Tobacco Day 2024 is "Protecting Children from Tobacco Industry Interference." This year's focus is on preventing the tobacco industry from targeting young people through marketing and social media campaigns, which pose significant health risks. This theme aims to highlight the importance of safeguarding youth from the manipulative tactics of tobacco companies



# What is the impact of substance abuse on teenagers?

Substance abuse significantly impacts both mental and physical well-being, leading to a myriad of health issues including addiction, cognitive impairment and a few others mentioned below:

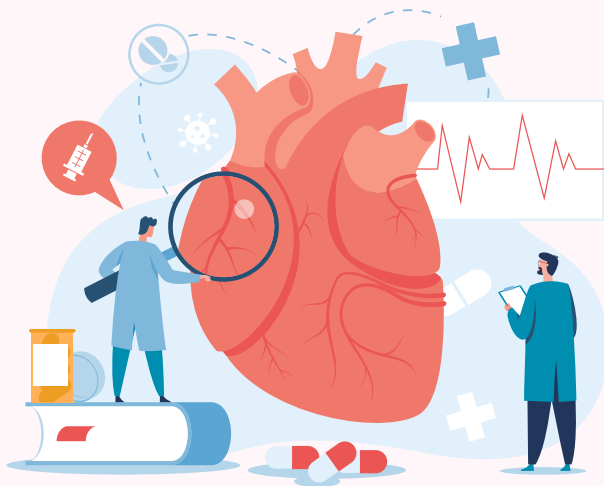
## 1. Respiratory Issues:

Smoking causes increased risks of respiratory issues like chronic bronchitis and pneumonia. Though considered safe, Vaping also can cause severe lung injuries like EVALI



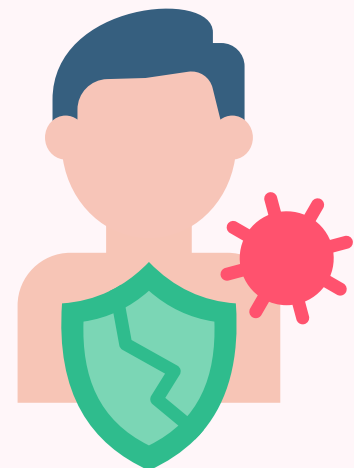
## 2. Cardiovascular Health:

Nicotine, a strong blood vessel constrictor, puts teens at risk for heart disease and strokes later in life



## 3. Weakened immune system:

Smoking and vaping weaken the immune system, increasing susceptibility to infections by damaging the body's natural defenses.



## 4. Cognitive Impairment:

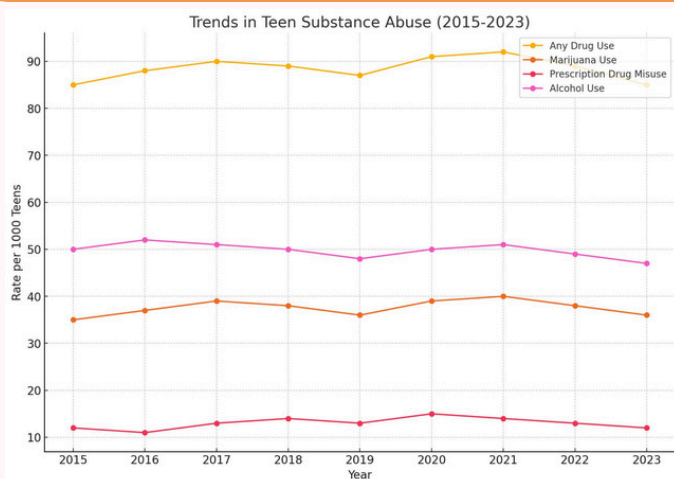
Substance abuse, causes a great decline in memory, attention span, decisiveness and may also affect his/her academic performance

## 5. Social Isolation and Relationships:

Addiction can strain relationships with family and friends, leading to social isolation, and struggle to maintain healthy relations.



High school students frequently smoke and vape, as studies show. For example, in Jakarta, Indonesia, 21.5% students smoked in the last month, and 8.1% students vaped. It was also seen that peer influence strongly drives teen e-cigarette use, highlighting social networks' impact on adolescent smoking and vaping.



# Is this Peer Pressure?

Peer pressure is more than just an influence among peers; it's a powerful force in teens' lives as they navigate acceptance and conformity within social groups.

It encompasses the desire to fit in and adopt group norms, shaping their identity and decisions, whether directly or indirectly.

# Strategies to Resist Peer Pressure

*1. Develop Strong Self-Esteem: Building self-confidence and self-esteem can help resist the urge to conform to negative influences.*

*2. Educate yourself on the risks: Knowledge is a powerful tool! Educating yourself about the dangers of smoking, vaping, and other substances can help you make better decisions.*

*3. Practice Refusal Skills: Stand your ground when confronted with requests to use substances and follow through with your decision.*

*4. Focus on Long-Term Goals: Whether it's a career ambition, athletic aspiration, or academic achievement, having a clear vision of the future can be a strong deterrent against substance abuse. Hence set and focus on your goals*

*5. Choose Wisely: Surround yourself with supportive friends who share your values.*

*6. Alternative Activities: Engage in hobbies or activities that align with your goals and values.*

*7. Seek Support: Talk to trusted adults or friends when facing difficult situations.*

As we conclude, *let us remember that awareness is the first step toward prevention.* Together, through education, support, and fostering resilience, we can empower individuals to make healthy choices. Let's continue to advocate for a future where every individual can thrive, free from the grip of substance abuse.



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