What’s the big deal about second-hand smoke?
Let’s Recap:

Girls are at higher risk of developing breast cancer when they:

- Smoke cigarettes
- Are exposed to second-hand smoke
Girls...
Why do **YOU** need to know this?

Guys...
Why do **YOU** need to know this?
So why is it important to know this now?

The choices made today can have a big impact on health later on.
In Canada, youths ages 12-19 are exposed to more second-hand smoke than any other age group.
REFLECTION ACTIVITY 1:

Where are teen girls exposed to second-hand smoke?
Teen girls are most often exposed to second-hand smoke...
REFLECTION ACTIVITY 2:
Where is smoking banned in your community?

KNOW WHERE YOU HAVE THE RIGHT TO BREATHE SMOKE FREE AIR
Within British Columbia,

smoking is not permitted in any of the following areas...
Fully or substantially enclosed public places
Within 3 meters of public doorways & windows
Vehicles with anyone under the age of 16
Keep in mind...

About 2 in 10 Canadians smoke
REFLECTION ACTIVITY 3:

What can you do if someone is smoking near you or your friends?
If you don’t smoke, don’t start!

If you do smoke, think about quitting!

Avoid second-hand smoke!
A FREE online service available 24/7 to all British Columbians who want to quit smoking for good.

Includes a variety of resources and tools to help people quit smoking.

You can even receive support by text message or by phone!
Want more info?

Visit: www.start.ok.ubc.ca
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For more information, please visit: www.start.ok.ubc.ca