SURPRISING FACTS ABOUT GIRLS AND SMOKING

THE GOOD NEWS?
Smoking rates among teens are the lowest they’ve ever been!

Rates are similar for boys and girls

<table>
<thead>
<tr>
<th>Ages 14 &amp; Under</th>
<th>Ages 15-19</th>
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<tbody>
<tr>
<td>2%</td>
<td>11%</td>
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<td>2%</td>
<td>13%</td>
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IN CANADA, ONLY 1 IN 9 TEENS SMOKE

3 out of 10 girls in grades 6-9 are at risk of starting to smoke

By grade 12, 4 out of 10 Canadian girls have tried smoking at least once

GIRLS ARE MORE LIKELY TO START SMOKING IF:

1. their close friends smoke
2. their parents or siblings smoke
3. they are exposed to smoking in a car or home

BEING EXPOSED TO SMOKE AT A YOUNG AGE INCREASES GIRLS’ RISK OF:

- Lung diseases
- Heart disease
- Weaker bones & muscles
- Breast Cancer

Cigarette smoke doubles girls’ risk of breast cancer at a younger age

KNOW THE RISKS!
If you don’t smoke, don’t start.
If you do smoke, think about quitting.
Avoid second-hand smoke whenever possible.

Get informed. To learn more about breast cancer and smoking, visit: www.start.ubc.ca