

# What's the big deal about second-hand smoke?

**START Education Tool Kit: Session 2**



# 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.

Exposure to  
Second-hand Smoke

# REFLECTION ACTIVITY 1:

The background of the slide is a vibrant, out-of-focus photograph of a night event, likely a concert or festival. It features a dense array of colorful lights in shades of red, blue, purple, and white. In the foreground, the dark silhouettes of several people are visible, some with their arms raised, suggesting a lively atmosphere. The overall lighting is bright and festive, with a bokeh effect from the distant lights.

**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?





Within British Columbia,



smoking is not permitted in any of  
the following areas...



**THIS IS A  
SMOKE-FREE  
ENVIRONMENT  
NO SMOKING**

BC TOBACCO CONTROL ACT

quitnow.ca  
1-877-838-2222

THE LUNG ASSOCIATION™  
British Columbia  
www.bc Lung.ca



**Fully or  
substantially  
enclosed public  
places**



3METRES

**SMOKING IS PROHIBITED**  
WITHIN THREE METRES OF DOORWAYS,  
WINDOWS AND AIR INTAKES

BC TOBACCO CONTROL ACT

QUIT ON CALL  
[quitnow.ca](http://quitnow.ca)  
1-877-469-2233

THE  LUNG ASSOCIATION™  
British Columbia  
[www.bc.lung.ca](http://www.bc.lung.ca)

Within 3 meters of public  
doorways & windows



# Inside schools & on school grounds

Our School  
and Grounds are  
**Tobacco Free**  
at all times

As required by the Tobacco Control Act of British Columbia



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?







**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](http://www.start.ok.ubc.ca)

**START**  
decreasing breast cancer risk

HOME CONTACT

THE SCIENCE JUST FOR GIRLS JUST FOR GUYS PARENTS/EDUCATORS FAST FACTS RESOURCES ABOUT START

**START**  
Decreasing breast cancer risk  
Welcome to START, a website dedicated to raising awareness about the link between cigarette smoke and breast cancer risk.

YOU ARE A:  GIRL  GUY  PARENT/EDUCATOR  SNOWBALL

**Surprising Facts About Girls and Smoking**  
THE GOOD NEWS?  
70% of girls who smoke are unaware of the link between smoking and breast cancer.  
70% of girls who smoke are unaware of the link between smoking and breast cancer.  
IN CANADA, ONLY 1 IN 8 GIRLS SMOKE  
**BUT**

**Take the START Quiz**  
**TAKE THE START QUIZ**

**Too Young? Too Young to Think About Breast Cancer? Think Again!**  
KNOW THE NUMBERS  
25% of girls who smoke are unaware of the link between smoking and breast cancer.  
65% of women are diagnosed every day  
20% of women who smoke are unaware of the link between smoking and breast cancer.  
KNOW THE NEWS

**What's the Link?**  
How does BREAST CANCER DEVELOP?

**QuitNow: Guys**  
quitnow  
QuitNow  
for GUYS who want to quit smoking

**A Lesson on Breasts**  
**STAND UP AGAINST BREAST CANCER**

**Girls: Show you Care**  
places where nosed to seco

**Getting the Word Out**

**Why I Live Smoke-Free**

**Avoiding Second-Hand Smoke**

**Second-Hand Smoke Fast Facts**  
SECOND-HAND SMOKE & BREAST CANCER RISK: FAST FACTS

**For Girls**

**For Guys**

**For Parents & Educators**

**Guys: Show you Care**

This teaching session was developed by the START research team  
at the University of British Columbia



**a place of mind**

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Canadian  
Breast Cancer  
Foundation

Fondation  
canadienne du  
cancer du sein



For more information, please visit:  
[www.start.ok.ubc.ca](http://www.start.ok.ubc.ca)