

SURPRISING FACTS ABOUT GIRLS AND SMOKING

It's no secret that smoking is bad for your health. But here are a few more facts you may not know...



THE GOOD NEWS?

Smoking rates among teens are the lowest they've ever been!

Rates are similar for boys and girls



Ages 14 & Under	Ages 15-19	
2%	11%	GIRLS
2%	13%	BOYS

IN CANADA, ONLY 1 IN 9 TEENS SMOKE



BUT

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

2X RISK Cigarette smoke doubles girls' risk of breast cancer at a younger age

YES, YOU READ THAT RIGHT!

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.ok.ubc.ca

Sources:
1. Reid JL, Hammond D, Burkhalter R, Rynard VL, Ahmed R. [Tobacco Use in Canada: Patterns and Trends, 2013 Edition](#). Waterloo, ON: Propel Centre for Population Health Impact, University of Waterloo.
2. Health Canada (2012). [Summary of the Results of the 2010-2011 Youth Smoking Survey](#).
3. Propel Centre for Population Health Impact. 2013. [Youth Smoking Survey Results 2010/2011](#).
4. Physicians for a Smoke-Free Canada (2011). [Findings from the Youth Smoking Survey 2008-2009](#).
5. Smokefree Teens (2013). [Health Effects](#).