



The majority of young smokers will admit that smoking is a bad habit that they just can't seem to quit.

But why do it?

The most common reasons for smoking is the due to pressures of everyday life – especially for students with exams and deadlines lurking around the corner.

Other influences come from friends or family and you think “if they do it, then it's okay for me to”.

Smoking doesn't only effect your lungs, but it effects other vital organs too, such as heart, liver and brain.

DON'T LOSE VITAL LIVES FOR THE SAKE OF LOOKING “COOL”

If you want more facts or advice on how to kill the habbit, scan one of these codes below for a quick link:



>

PUBLIC HEALTH
IN SHEFFIELD



>

10 HEALTH
BENEFITS ON
QUITTING SMOKING



>

NHS ADVICE
ON QUITTING
SMOKING

NHS Stop Smoking Service: 0300 123 1044

NHS Go SmokeFREE: 0800 169 0 169

SAVE YOUR LUNGS



SAVE YOUR LIFE



On average, 48% of students admit to having tried a cigarette or do smoke.

That's nearly half of the 1,500 students who are attending Thomas Rotherham College.

The majority of these 48% of students will continue to smoke throughout their lives, reducing their life by 10 years, than those who have never smoked.



In Sheffield alone, people who do smoke are off work 8 times more than other workers

Do you want the bad habit of bad lungs to effect your future job?



Smoking accounts for 1 in 4 UK Cancer deaths.

Approximately, that's 180 TRC students who could be effected by smoking related cancers.

One cigarette might not affect your life, but the more you smoke the more health you lose.

Life isn't a game, you only get one life.

Once that's gone it's **GAME OVER.**

Which player would you rather be?



Player 1



Player 2