



Is It  
Worth  
It?

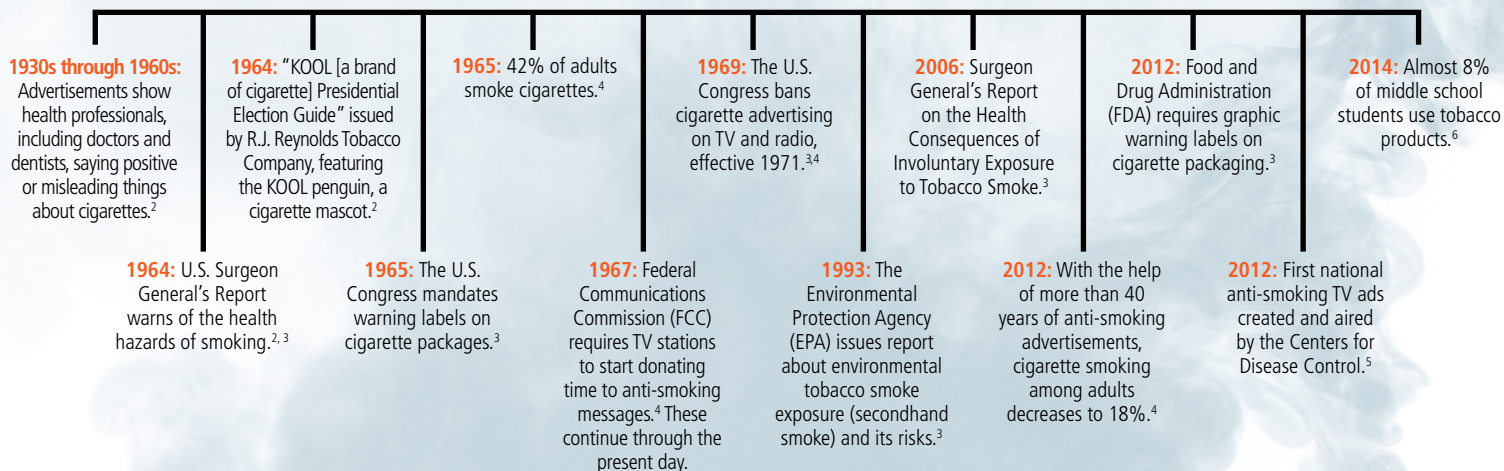
# But Everyone Does It...

Have you ever heard someone say, "If your friend jumped off a bridge, would you jump too?" What does it mean? Choosing to do what others do isn't always best, or safest. You might have heard that e-cigs and vaping are safe. Here's what the experts have to say about that:

*[A] lot of safety questions haven't been answered yet. Even if it turns out that they're otherwise low-risk, e-cigarettes [including e-hookahs and vape pens] can hook kids on nicotine. They can still create a lifelong nicotine addiction...<sup>1</sup>*

*If smoking continues at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 will die early from a smoking-related illness. That's about 1 of every 13 Americans aged 17 years or younger alive today.<sup>6</sup>*

## Take a look at this timeline.



Notice the changing ways that pro-tobacco, anti-tobacco, and government groups present cigarettes over time—and how the public is affected. Want to find out more about public perceptions of tobacco use? Talk to a parent, guardian, or grandparent and ask them what they remember.

## PROVE IT!

Now it's time to learn some more about the subject and debate the use of e-cigarettes and tobacco. Here's how to get started:

- Organize two debate teams: it's okay/it's not okay.
- With your team or on your own, jot down reasons you think smoking tobacco or using e-cigarettes would be okay, then write reasons you think it would be not okay/unsafe.
- Feel free to use the facts on this worksheet and the sources cited at the bottom of the sheet to gather more information. Another great source: [tobaccofreekids.org](http://tobaccofreekids.org)
- Now, begin your debate! At the end, take a vote to decide who won? Why?

<sup>1</sup> "Child and Teen Tobacco Use." American Cancer Society. Last revised March 6, 2015.

<sup>2</sup> "Smoke gets in your eyes: 20th century tobacco advertisements," Jeffrey K. Stine, March 7, 2014. O Say Can You See? Stories from the National Museum of American History, Smithsonian. Accessed February 6, 2016. <http://americanhistory.si.edu/blog/2014/03/smoke-gets-in-your-eyes-20th-century-tobacco-advertisements.html>

<sup>3</sup> "Selected Milestones in Tobacco Research, Promotion, and Surveillance." NHIS - Adult Tobacco Use Information: Historical Context. CDC: Centers for Disease Control and Prevention. Page last updated: December 9, 2011. Page accessed February 6, 2016. [http://www.cdc.gov/nchs/nhis/tobacco/tobacco\\_history.htm](http://www.cdc.gov/nchs/nhis/tobacco/tobacco_history.htm)

<sup>4</sup> CNN Health: The evolution of anti-smoking campaigns. Accessed February 6, 2016. <http://www.cnn.com/videos/health/2015/04/02/anti-smoking-campaigns-history-orig.cnn>

<sup>5</sup> "Tobacco: First National Anti-Smoking TV Ads Help 200,000 Smokers to Quit," Alice Park, September 9, 2013. *Time*. Accessed February 6, 2016. <http://healthland.time.com/2013/09/09/first-national-anti-smoking-tv-ads-help-200000-smokers-to-quit/>

<sup>6</sup> "Smoking and Tobacco Use: Youth and Tobacco Use." Centers for Disease Control and Prevention. Page last updated: October 14, 2015. Accessed February 6, 2016. [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm#estimates](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm#estimates)