



Health
Canada

Santé
Canada

*Your health and
safety... our priority.*

*Votre santé et votre
sécurité... notre priorité.*

QUIT
4
LIFE



you're only 4 steps away
from quitting smoking

Canada

QUIT4LIFE

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Special thanks to all the teens, organizations and scientists who helped develop the Quit4Life program.

Our mission is to help the people of Canada maintain and improve their health.
Health Canada

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Visit our Web site at www.gosmokefree.gc.ca for more information about tobacco and quitting smoking.

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YOU'RE ONLY 4 STEPS AWAY FROM QUITTING SMOKING

This handbook can help you.

This guide can also be useful for individuals who use tobacco products (smokeless products, little cigars, etc.) but do not smoke cigarettes. The quitting process is very similar to that of a cigarette smoker. Many facts are tailored to smokers; however, much of the information is applicable to you.

A little bit of advice...

If you've never really tried to quit smoking before:

- It might help you to take your time going through all the steps in this program.
- It might be easier to quit if you read this handbook and get ready to quit about 2 to 6 weeks before you plan to quit smoking for good.

Another way to use this handbook...

You can use the handbook if you're in a 10-session group program to help you quit smoking. These types of programs might be offered in your community through your school, Public Health Services, the Lung Association, the Canadian Cancer Society, or the Heart and Stroke Foundation.

If at first you don't succeed...

Okay, it's true that you might not be able to quit on your first try. The good news is that you can use this handbook more than once and build on what you learned the first time.

One more important note before you get started...

It is always recommended to speak to your doctor or pharmacist when you're planning a major lifestyle change.

Grab a pen or pencil and get started. There's no time to waste!

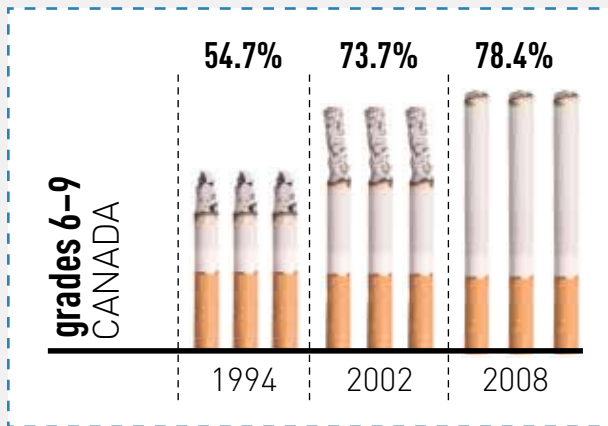
To order copies of this handbook, or to use the self-help program, check out the Quit4Life Web site at www.health.gc.ca/quit4life. It doesn't matter if you do all the steps in 1 or 2 weeks or a month.

DID YOU KNOW?

Most Canadian youth **DON'T** smoke.

Says Who? Youth Smoking Survey, 2008–2009

Never ever tried a cigarette, not even one puff.



Smoking is becoming less popular among youth in Canada!

The graph compares the percentages from 2008–2009 to the percentages in 1994. The majority of youth in grades 6 to 9 (78.4%) have never tried smoking. Overall, there are now more never smokers than current smokers in Canada.

Why do you think smoking is becoming less popular?

Maybe because youth today have more information than before:

- 87% of youth believe tobacco is addictive.
- 87% of youth believe smoke can harm non-smokers' health.
- 77% of youth believe it's nicer to date non-smokers (80% of those who have never tried smoking believe it's nicer to date non-smokers).
- 67% of youth believe occasional smoking harms health.

Says Who? Youth Smoking Survey, 2006–2007

Knowing how much you save from not smoking helps keep you smoke-free.

Let's say you start smoking at age 15 and smoke an average of 1 pack of cigarettes every day.

In one year you will have spent \$3,295. By the time you turn 20 you will have blown \$16,425 on cigarettes (at the average current price of \$9 a pack).

Think about what you could have done or could do with that money. If you quit now, you could buy a car, do some travelling, pay for university. That totally puts the price of smoking in perspective.

All kinds of people of all ages have quit smoking.

- The sooner you quit smoking, the less damage you will do to your body, and the sooner your body starts to heal.
- It's easier to quit with some help and support.

This program, Quit4Life, is designed to help you.

- It's based on science and psychology.
- It's based on input and feedback from youth like you.

Quit4Life has already been tested with hundreds of youth across Canada who used it to quit or cut down on their smoking.

Special information for occasional smokers

Just because you don't smoke every day doesn't mean you shouldn't quit or follow all the steps in the Quit4Life program:

- Most young people start smoking once in a while – or occasionally – but end up smoking more over time.
- Even if you smoke only a few cigarettes a day or week, physical addiction and the habit of smoking can start to take hold.

That's why many youth increase the amount they smoke over time.

- You may already link smoking to certain people, places, or feelings.
- You may already have cravings and temptations to smoke.
- Over time it will become harder to quit. So why not quit now?

ARE YOU READY TO QUIT4LIFE?

**Experts agree: if you want to quit smoking,
you have to be ready to quit.**

GET READY TO QUIT:



1. Focus on what smoking does to your health today. Not just years in the future.



2. Learn about why you smoke and how to quit.



3. Focus on what it really costs to smoke.


When Quit4Life was tested with youth across Canada, they asked for gross pictures about the negative things smoking does to your health so they would be more motivated to quit.

What smoking does to your health TODAY

IN YOUR MOUTH	IN YOUR LUNGS	IN YOUR BODY
<ul style="list-style-type: none">• bad breath• yellow or black stains on your teeth• gum infections	<ul style="list-style-type: none">• harder to breathe• not enough oxygen gets to the rest of your body	<ul style="list-style-type: none">• yellow-gray skin• clogged blood vessels and arteries, which can stop guys from getting erections

It can be really scary when you figure out why smoking harms your health.

Not simply that you can end up with cancer, heart disease, smoker's face, tooth loss, emphysema, but why smoking leads to these things.



"The biggest issue to quit is the cost. I've got bills that I have to pay. I have to save up for my university. I can't afford to smoke."

QUIT4LIFE PARTICIPANT

GROSS TAKE 1.

Do you know why cigarettes cause mouth diseases?



This is one of the least favourite pictures on cigarette packs because it's one of the grossest.

What smoking can do to your mouth

- Trench mouth, an infection in your gums when there is too much **bacteria** in your mouth (see the puffy red):

Trench mouth can cause **sores** in your mouth.

- **Plaque** build-up on your teeth (see the yellow stuff).
- **Stain** your teeth and gums (see the black stuff).
- Mouth **cancer**.

- Gum **infection** (called periodontitis), which smells really bad:

Rotting gums can mean that your teeth fall out (see the gum rot?).

If it gets really bad, you might have to get your teeth pulled so that the infection doesn't spread to other parts of your body.

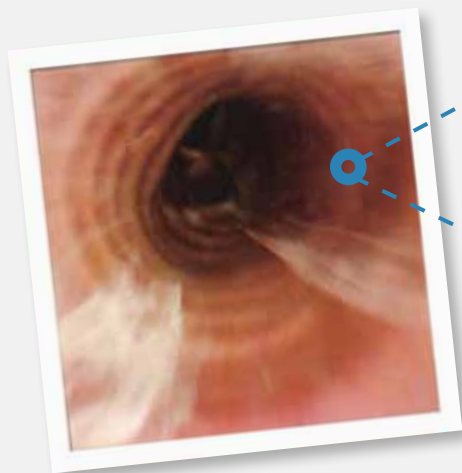
BENEFITS OF QUITTING: KEEP YOUR TEETH AND SAVE MONEY ON DENTAL BILLS

GROSS TAKE 2.

Do you know why smoking causes lung cancer?

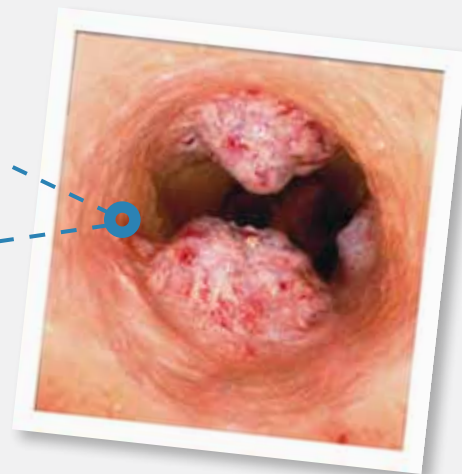
- Smoke causes damage when you inhale it into your lungs.
- Tar, nicotine and the thousands of other chemicals in cigarette smoke stays in your lungs.
- Over time, all this damage and built-up chemicals can cause lung cancer.

But that's only part of the story. There's a BIGGER picture and it's REALLY gross.



Smoke going into a lung

- Thousands of chemicals in smoke do damage.
- Some of these chemicals change the DNA in your lungs, which causes cancer.



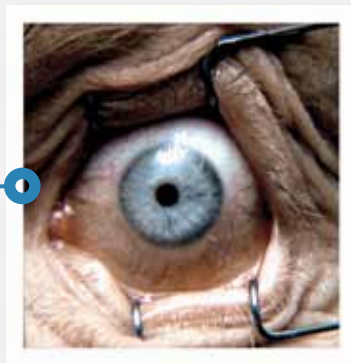
A cancer tumour growing in a lung

- 60 different chemicals in cigarette smoke cause cancer.
- It takes only one damaged cell to start a cancer tumour growing.

BENEFITS OF QUITTING: YOU PROTECT YOUR DNA AND SAVE YOUR CELLS FROM CHANGING (AND GROWING A TUMOUR).

GROSS TAKE 3.

What does blood have to do with smoking?



- Thousands of chemicals in smoke get into your blood when you inhale.
- The chemicals in your blood go wherever blood goes in your body:

Through every blood vessel, even the tiniest ones.

To every organ (heart, kidneys, liver, skin...).

To every limb (right down to your fingers and toes).

To your eyes and brain.

ALL the chemicals in cigarette smoke harm your body wherever they go.

NICOTINE IS JUST ONE OF 1000S OF CHEMICALS IN CIGARETTE SMOKE.



Nicotine can make a whole bunch of things happen in your body:

- Tiny tears in the linings of your blood vessels.
- Spasms – like little ripples – in your blood vessels which stop blood from getting to your heart and other parts of your body.
- Stop oxygen from getting to where it needs to go in your body.

What does that mean to you?

- If you don't get enough oxygen in your lungs, you will feel out of breath faster than people who don't smoke (even in youth).
- If you don't get enough oxygen in your feet and the lower part of your legs, they can "die" and have to be cut off (amputation).
- If you don't get enough oxygen to your face, you get "smoker's face."

What is "Smoker's Face"?

- Smoker's face is an actual medical term. Symptoms are:

Yellow-gray leathery skin

Wrinkles

Look older than your actual age

- Smoker's face is caused by cigarette smoke damage to the:

Small blood vessels in the skin

Blood supply to the skin

Tissue under the skin

"Elastic" tissue of the skin

The smoke from little cigars contains the same chemicals as the smoke from cigarettes sold in Canada. Smoking little cigars poses the same risk of harmful health effects as smoking cigarettes.

WARNING
TOBACCO USE
CAN MAKE YOU
IMPOTENT

Cigarettes may cause sexual impotence due to decreased blood flow to the penis. This can prevent you from having an erection.

Health Canada



- Sticky build-up being squeezed out of an artery of a 32-yr old smoker. The blood vessel is the aorta, the main artery from the heart. **If this big artery has this much sticky stuff at age 32, imagine how plugged up the little arteries in the penis are.**

Image courtesy of the Australian National Tobacco Campaign.

GROSS TAKE 4.

Why do cigarettes keep guys from getting erections?

Sticky stuff builds up in blood vessels = blood can't get through to your penis = no blood = no erection.

- Smoking causes build up of sticky "plaque" in your blood vessels – it starts with your first cigarette.
- This sticky stuff builds up in ALL your blood vessels, including the ones sending blood to your penis.

If you smoke, you already have some of this sticky stuff in your blood vessels.

- The more you smoke, and the more years you smoke, the more sticky stuff you'll have in your blood vessels.

By the time you're in your 20s, you could have a problem getting an erection.

- The blood vessels in the penis are small and get clogged up before big vessels that go to the heart.

GROSS TAKE 5.

Why is the TAR in cigarette smoke bad for you?

Imagine pouring hot tar used to repair roads on your hand and leaving it there. What do you think would happen to your skin? Or your lungs?



1 year's worth of tar in the lungs.

If you smoke 1 pack a day for a year, you will have inhaled this much tar into your lungs:

- Some gets exhaled (bad breath).
- Some gets coughed up.
- Some stays in your lungs.

If this is how much a pack-a-day smoker takes in each year, imagine how much tar you would take into your body if you smoked until you were 30 years old...multiply what you see in the picture by say, 15, for 15 years. That means 15 beakers full of tar!

Tar can: Rot your lungs, kill your cells and cause cancer tumours.

Why wouldn't that be happening to your lungs with the tar from cigarettes? Think about it.

BENEFITS OF QUITTING: KEEP TAR OUT OF YOUR LUNGS.

Every cigarette does damage, it does not know or care how old you are.

Cigarettes do damage to your body if you're 15, 22 or 30...

- Every cigarette harms your lungs and your body.
- Damage builds up over time like a junk pile.
- When the junk pile gets too big, it falls over – and you end up having a heart attack or cancer or a bad infection in your mouth that makes your teeth fall out or...

Every cigarette does damage to your body.

- The sooner you quit the less damage you do.
- Lung cancer is the #1 cause of cancer death for women and men.
- Smoking is the number one cause of lung cancer – 85% of lung cancer deaths are directly related to smoking.

**The use of smokeless tobacco products
can also cause harmful health effects.**

20 minutes after your last smoke, your body begins a series of changes that continue for years.

12 hours after quitting: The level of carbon monoxide (a toxic gas) in your blood drops to normal. The level of carbon monoxide is higher in people who smoke regularly.



GOOD THINGS HAPPEN TO YOUR BODY WHEN YOU QUIT!

20 minutes after quitting: Your heart rate drops.

2 weeks to 3 months after quitting: Your risk of having a heart attack starts to drop. You can get more air into your lungs and the airways in your lungs relax so you can breathe easier.

1 year after quitting: Your added risk of coronary heart disease is half that of a smoker's. Coronary heart disease occurs when arteries that carry blood to your heart begin to narrow as plaque (fatty material, calcium and scar tissue) build up. This narrowing can eventually lead to angina and cardiac arrest (heart attack).

5 to 15 years after quitting: You have the same chance of having a stroke as a non-smoker.

15 years after quitting: Your risk of coronary heart disease is back to that of a non-smoker's.

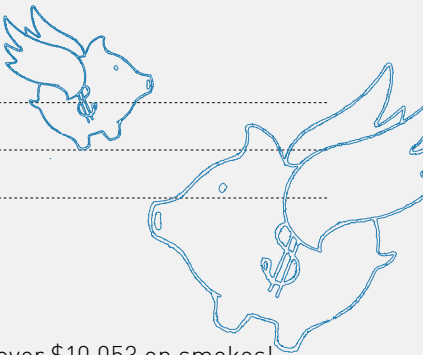
1 to 9 months after quitting: You cough less and your lungs work even better.

10 years after quitting: Your chance of dying from lung cancer is much lower. So is your chance of getting cancer in your mouth, throat, esophagus, bladder, kidney, and pancreas.

What are the other benefits of quitting?

- Reduce your chances of getting a breathing problem like emphysema.
- Reduce your chances of getting infections and colds.
- Not getting wrinkles when you're young because your face will get the oxygen and blood it needs.
- Increase your energy because you'll have more oxygen in your body.
- Stop your teeth and fingers from turning yellow.
- Save a lot of money. A LOT.
- Setting a great example for kids (including your younger brothers and sisters) and other smokers.
- No chance of burning a hole in your favourite clothes by accident.
- No need to interrupt a date, a party or a movie to go outside and freeze your butt off!

What other benefits can you think of?



MONEY: HOW MUCH DOES SMOKING COST YOU?

Let's say you're 15 years old right now. By the time you finish high school you could spend over \$10,053 on smokes!

Think about it. What else can you get for 10 grand?

You can buy a car for that kind of money, or pay 2 years tuition at universities or colleges.

And the money saved each year from not buying cigarettes will pay for the insurance, gas, maintenance, and an MP3 player.

COST CALCULATOR: HOW MUCH DOES IT REALLY COST TO SMOKE?

How much do you spend on cigarettes each week?	Multiply by 52 (the number of weeks in one year)	Multiply the cost per year by the number of years you expect to smoke	This is how much you'll spend over the years you expect to smoke*
\$	x 52 =	x	= \$

* This will probably be a low estimate because it doesn't include how much the price of cigarettes goes up each year. But it gives you an idea.

The cost of smoking for the rest of your life

- Most youth say they don't plan to be smokers when they get older.
- Most youth say they will quit before turning 30.
- Even if you did quit by age 30, you will end up spending about \$56,809 on smokes between now and then.

STATISTICS SHOW THAT MOST PEOPLE KEEP SMOKING UNTIL AFTER THEY ARE 40 YEARS OLD!

Try to figure out how much it will cost you to smoke for the next month, year, 3 years...all the way up to 50 years. Here's an example from someone who completed the Quit4Life program:

FROM NOW	EVENTS	COST FOR 1 PACK/DAY*	WHAT COULD YOU BUY INSTEAD OF CIGARETTES?
1 day	Tomorrow	\$9	Buy 10 songs on-line
1 month	Prom	\$270	Rent a limo
1 year	Got your drivers' licence	\$3,286	Buy a used car!
3 years	Finish high school	\$10,053	1 year of university tuition – with money left over for a spring break trip
10 years	You could get married!	\$35,970	Honeymoon, new furniture, new car
15 years	You'll be 30!	\$56,809	A down payment on a house
30 years	You'll be your parents' age!	\$133,266	Help your kids pay for university
50 years	You'll be your grandparents' age!	\$277,843	Take a trip around the world

* Assuming the price of cigarettes goes up 2% every year.

WHEN DID YOU START SMOKING? WHEN DO YOU PLAN TO QUIT?

- 20% of smokers aged 20–24 have their first cigarette by the time they are 13.
- Another 57% have their first cigarette by the time they are 15.
- If you start smoking at age 15 and smoke until you're in your 50s, you'll spend about \$198,421 on cigarettes.

Smoking
discount or
contraband
cigarettes poses
the same risk
of harmful
health effects
as smoking
legal cigarettes



READY YET? HERE'S ONE MORE THING TO THINK ABOUT:

What's important to you?

One thing that keeps people from quitting smoking is a fight between what they want in life (long term) and having a smoke right now (short term).

- You might have a long-term goal of being healthy, but addiction to smoking is tempting right now.
- Smoking right now can make you feel satisfied, but over the long term it really is doing some bad stuff to you.
- This makes it easier to smoke right now – and it's pretty normal to feel that way.
- To get around that, link your quitting goal to your big goals in life.

Bring your future into the present with pictures.

Here's what you do:

1. Cut out pictures and words or phrases from magazines, newspapers, or the Web that describe what you want to have, do, and be like in your life.
2. Use the pictures to create a map of your hopes, beliefs, and dreams.
3. After you put your map (or list) together, ask "How does quitting smoking fit with my life goals and values?"
4. Use the Goals and Values worksheet to help you think it through.

PROS AND CONS

Here's another way to figure out what you want in the future and how smoking could change that:

- The thing about cigarettes is that they seem to have advantages (pros) in the short term and it's sometimes hard to see the disadvantages (cons).
- The other thing is it's hard to see the long run and the problems that smoking creates later when you have a lot going on right now.
- You can bring the short-term and long-term pros and cons into focus by writing them down.

Try the pros and cons worksheet on page 26

- If you're still finding it hard to figure out, "should I quit or not?" after you fill out the pros and cons, ask yourself, "What will it be like in 5 years if I don't quit smoking?"

MY VALUES WORKSHEET

- 1. Write down your values on this worksheet.
- 2. Put an asterisk next to your top values, the ones that are most important to you.
- 3. Write down how quitting smoking fits with things you value.

THESE ARE THE THINGS I VALUE:	MY MOST IMPORTANT VALUES*	HOW QUITTING SMOKING FITS WITH MY VALUES
Playing soccer	*	Smoking slows me down and makes it hard to keep up.



MY GOALS WORKSHEET

- Write down your short-term and long-term goals.
- Write down how quitting smoking will help you reach those goals.
- If you have a hard time filling this out, talk to someone you trust to help you – a friend, a teacher, a brother or sister, or your parents.

6 months

2 years

	MY GOALS	HOW QUITTING SMOKING WILL HELP ME ACHIEVE THESE GOALS
My goals for the next 6 months:		
My goals for 6 months to 2 years:		

PROS AND CONS OF QUITTING SMOKING

Short-term advantages of quitting

Short-term disadvantages of quitting

Long-term (more than 1 year)
advantages of quitting

Long-term (more than 1 year)
disadvantages of quitting

Short-term advantages of smoking

Short-term disadvantages of smoking

Long-term (more than 1 year)
advantages of smoking

Long-term (more than 1 year)
disadvantages of smoking

The 2nd step to quitting is to find out as much as you can.

- Why do you smoke?
- What are your roadblocks to quitting?
- Do you have an addiction or a habit?
- What can you expect when you quit?
- What's sex got to do with smoking?

WHY DO YOU SMOKE?

There are some general reasons people smoke – stress, troubles, breaking up with your girlfriend or boyfriend, fitting in, having fun...

But more important are the exact reasons you smoke:

What triggers you to smoke?

The people you're hanging out with?

The situation you're in?

The way you feel (sad, nervous, happy)?

The thoughts you're having?

When you figure out what sets you off to light up a smoke – your triggers – you can figure out what you can do instead of smoking when those triggers come up.

HOW DO YOU FIND YOUR TRIGGERS? USE THE SMOKE DETECTOR


Follow your tracks like an investigator:

- Punch out the **Smoke Detector Tracking Form** in the middle of this book.
- Put it in or on your cigarette pack.
- Try and track your smoking for one whole pack.

For every cigarette you smoke:

- Write down the time.
- Write down where you are and who you're with.
- Write down whether your mood is good (G), bad (B) or don't know (?)

When you finish the Smoke Detector Tracking Form, flip it over and answer the questions on the back to help you figure out more about why you smoke.



"I liked how the challenge was to answer: why do you smoke at all? This question became useful in helping me to question my cravings, rather than just try to fight them."

QUIT4LIFE PARTICIPANT

WHAT ARE YOUR ROADBLOCKS TO QUITTING?

The way to figure out exactly what is holding you back from quitting is to check your tracks and figure out why you smoke (where you are, who you're with, how you're feeling...).

Everything you do has a background or “context.”

We do what we do in specific situations, with specific people, feeling specific emotions. For example, you

smoke when you're with your friends, but not at the dinner table with your family.

If you keep a record of when and why you smoke, you can figure out which cigarettes are the tough ones to give up, which ones are the easiest to give up, and which ones are in between.

Dealing with roadblocks

- Figure out ways to avoid smoking in situations that usually trigger you to smoke.
- Deal with one cigarette at a time, which means dealing with one situation at a time.

POTENTIAL ROADBLOCKS

Social pressure

It feels too hard not to smoke when you're around other people who are smoking. Try to focus on why you want to quit and practise saying “no thanks.”

Fear of losing friends

But 96% of teens say they would support a friend who wanted to quit smoking.

Need help dealing with people who don't support you in quitting smoking? **See page 51 for ideas.**

Fear of gaining weight

But lots of people don't gain weight after they quit smoking – even if they do, it's usually only 2 or 3 kg (4 to 6 lb).

Belief that smoking doesn't hurt anyone under 30

Did you read Step 1 about how smoking harms your health?

Cigarettes don't know how old you are.



How to NOT gain weight after you quit...

EXERCISE, BE SMART ABOUT WHAT YOU EAT (LESS JUNK, MORE FRUITS AND VEGETABLES) AND DRINK PLENTY OF WATER

Are you addicted to cigarettes?

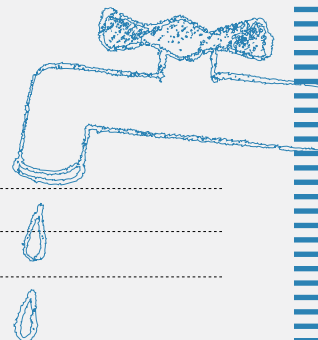
☐ Yes ☐ No ☐ I don't know

How do you know?

.....

.....

.....



What's the difference between addiction and habit?

ADDICTION

Addiction is when you have lost control over using a drug – like nicotine in cigarettes – and you keep using it even though you know it's bad for you.

When you're addicted to cigarettes, you can go into withdrawal if you haven't had a cigarette in a while. That's part of addiction.

When you're in withdrawal, you might feel:

- Restless
- Anxious
- Irritable or grumpy
- Can't concentrate
- Angry
- Depressed

Nobody wants to feel that way, right?
That's why addiction is another roadblock to quitting.

Here's how addiction works...

Do you remember how it felt the very first time you took a drag off a cigarette or smoked your first cigarette? A little bit dizzy? Got a head rush? Felt like you were going to barf?

WHY?

Because your brain couldn't handle getting hit with nicotine.



Why don't you feel dizzy after you've been smoking for a while?

Bottom line: Your brain changes:

- Your brain grows more areas to get and process nicotine.
- Those new areas start begging for more nicotine – that's when you start to get cravings.
- If you don't get a fix of nicotine to your brain, you'll feel nervous, grumpy or irritable, stressed, edgy, sad, jittery, maybe get a headache – in other words, **WITHDRAWAL**.

Kind of sounds like a drug addict...

! No matter if you smoke 5 cigarettes a day or a whole pack or more, your brain wants more nicotine. The more you smoke, the more nicotine your brain wants.

What are your signs of addiction?

For example: I need a smoke as soon as I wake up in the morning, I feel really edgy when I'm in 3rd period because it's been so long since my last cigarette...

Habit

Habit is part of addiction. Your brain learns to link smoking with other things you do when you smoke, like:

- Hanging out with your friends
- Having fun
- Feeling stressed out
- Eating
- Drinking pop, coffee or an energy drink

When you do things that your brain links to smoking, you will usually have a smoke without even really thinking about it.

What are your smoking habits?

For example: On the walk to school, after lunch with my friends, when I'm studying for a big test or exam...

TAKE BACK CONTROL!

Okay, so smoking has changed your brain. But you have the power to take control. In fact, you've already figured out lots of ways that smoking is affecting your life. You're about ready to take some tough action on your brain...

PRACTISE QUITTING

If you practise quitting before your quit date, you will have some experience with what it feels like not to smoke, and how you will start to cope with withdrawal.

Prepare to quit by practising:

- Only smoke 1/2 of each cigarette.
- Try not smoking cigarettes you rate as “I could do without” on your Tracking Form (1s and 2s).
- Try smoking 1/2 the number of cigarettes you usually do.



The more you practise,
the more you will know you
can succeed at quitting.

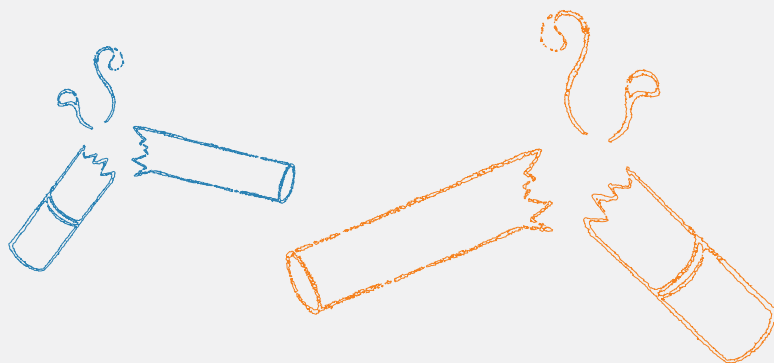
QUIT CALENDAR

Make your plan to practise quitting next week and write it down on the Quit Calendar.

Use the “Savings Calculator” to figure out how much money you’ll save when you don’t have those cigarettes.

My plan for next week:

WEEK	Monday	Tuesday	Wednesday	Thursday
1				
2				
3				
4				



Friday	Saturday	Sunday	\$ SAVED

WANT SOME IDEAS?

Check out another smoker’s Quit Calendar.

WEEK	Monday	Tuesday	Wednesday	Thursday
1			Cut out 1s.	The same.
2	Tackle the 3s.			Avoid triggers.
3	Smoke only the 3 I really need.	Smoke only the 3 I really need.	Try to put off my first smoke.	Put off my first smoke.
4	Add up all the money I’ve saved so far.	Quit date.	Try out some of the stress buster activities in the program. Tell everybody not to offer me any more smokes.	Call Quit4Life support buddies and check how they’re doing.

What can you expect when you quit?

- Some people feel nothing, no difference.
- Some people feel withdrawal (nervous, headache, sad, irritable/grumpy, angry), and get cravings.

Friday	Saturday	Sunday	\$ SAVED
Cut out 2s.	Avoid triggers. Try fun and different places to hang out.	Keep 1s and 2s out.	\$3.60 Based on an estimated price of 10 cigarettes.
	Avoid triggers. Go dancing instead of playing pool.		\$7.20 Based on an estimated price of 20 cigarettes.
The same.	Avoid triggers. Don't drink, be the designated driver for after the party.	Only smoke the 2 I really need.	\$10.80 Based on an estimated price of 30 cigarettes.
Find out where summer soccer tryouts are – get to gym?	Practise saying no to smokes with drinks. Look at the scenarios in the program.	Call Kim and go to the gym for sure.	\$14.40 Based on an estimated price of 40 cigarettes.

How can you deal with quitting?



WITHDRAWAL

The worst part of withdrawal happens in the first 2 or 3 days after you quit smoking – so get ready for it!

Get your mind ready to deal with feeling a bit bad for a couple of days. Think of it like having a cold or flu that has to run its course – you'll start to feel better soon.

Withdrawal is what happens when nicotine is leaving your brain – and you're not giving it some more.

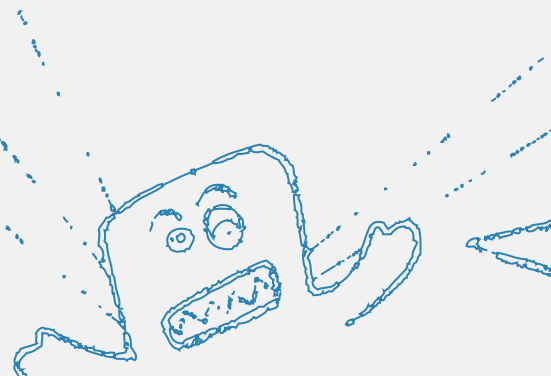
Withdrawal usually takes about 2 weeks. You'll still get cravings, but the physical part of withdrawal will end.

Symptoms of nicotine withdrawal:

- hunger
- boredom
- fatigue
- grouchiness
- irritability
- nervousness
- depression
- trouble sleeping
- coughing more than usual
- frustration
- headache
- constipation

What's your plan for withdrawal?

- Drink lots of water – think of it as flushing all the chemicals out of your body.
- Hang out in places where smoking isn't allowed, like the mall or at the movies.
- Take a hot bath or shower.
- Sleep, lots.
- Do things to relax – listen to music, try relaxation exercises, watch movies or your favourite TV shows, read a book.
- Do something that distracts you – sports, painting, video games, go somewhere new, hang out with non-smoking friends.
- Stay busy to avoid boredom.
- Move your body – exercise, sports.
- Eat lots of fruits and vegetables to make your hair, skin and nails look healthier.
- Try mild cough syrup or drops to make your throat feel better if you cough a lot.



**Be patient. You trained your brain to need nicotine to make yourself feel normal.
Now you need to train your brain to feel normal without nicotine.**

CRAVINGS

Cravings are your brain's way of telling you it wants more nicotine.

Cravings will happen for a while, but will happen less and less, get shorter and shorter, feel weaker and weaker... and more and more time will go by between cravings.

Time your cravings with your watch – they usually only last about a minute and go away even if you don't have a smoke.

Cravings come like a wave so ride them like a wave – sit through them and feel them rise up, wash over you, and then disappear until the next one.

Habits

If you smoke out of habit, it can be tricky to catch yourself before you light up:

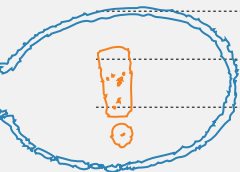
- Use the Tracking Form (see insert) – it makes you stop and think about each cigarette.

Just that one second break before you light up can help you see your habit, even if it's something you do without really thinking about it (an "unconscious" habit).
- Once you notice your habit, you can make a real choice, not just smoke without really noticing what you're doing.
- The more times you make a real or conscious choice not to smoke, the easier it gets not to smoke.

Breaking the habit – it just takes practise, practise, practise.

TEMPTATIONS

What do you think will be your biggest temptations to smoke when you quit?



SIX WAYS TO DEAL WITH TEMPTATION

- 1 Stay away from places or situations where you would usually smoke – especially for the first month or until not smoking is more tempting than smoking.
- 2 Ask your friends, family, and co-workers (if you have a job) not to try to get you to smoke. If they forget, say something like, “Please don’t do that. I really want to quit” or just, “No thanks.”
- 3 Figure out what is so tempting about smoking and change it. Think about the negative things about smoking – think of the gross pictures. Or, think about the positive things about not smoking – think about what you can buy with cigarette money or how much easier it is to breathe when you play soccer or skateboard or run up the stairs.
- 4 Find the fastest way to distract yourself – leave the room, go for a walk, have a shower, talk on the phone, whatever works for you.
- 5 Remind yourself about your goal of not smoking. Make sure you have something to remind you why you want to quit – a picture, a card from a friend, anything that makes you feel good about not smoking or feel bad about smoking.
- 6 Ask other people, like your friends or brother or sister, to remind you about your goal to be a non-smoker.



How to refuse...

REFUSAL SKILL	HE/SHE SAYS OR DOES	EXAMPLES OF WHAT YOU COULD SAY OR DO...	WHAT WOULD YOU SAY OR DO?
Reverse pressure	"Hey, let's go out for a smoke!"	"No, thanks, how about watching the basketball game in the gym? We need to support our team, and I'm sure they will win this time."	
Cold shoulder	"Take a puff."	Ignore person and have a sip of water.	
Walk away	"Haven't seen you here for a while."	"Gotta go..."	
Broken record	"Here, try one..." "Have a puff..." "One won't hurt..."	"Forget it..." "Forget it..." "Forget it..."	
No thanks	"What's the matter, you look like you need a smoke..."	"Thanks for the offer, but no."	
Give a reason or excuse	"Are you one of these health freaks now? Here's a smoke, come and relax..."	"Not today, thanks, my taste buds have changed..." "I have to get to work..."	
Avoid the situation	Many of your friends are hanging out in the smoking area.	Stay away from the smoking area.	
Strength in numbers	Observe where people hang out who don't smoke.	Find some other quitters and hang around with them. They might need your support too.	



BOREDOM

Many people smoke because they feel like they have nothing else to do, or to kill time. That's when you light up a smoke without even thinking about it, or without even asking yourself if you really need it.

You know when you're bored... but do you know what's happening in your brain when you're bored?

- When the brain needs energy, it makes you feel bored.
- Feeling bored forces you to do something... anything... to get more oxygen and energy.

People who smoke are less likely to exercise or be physically active, so they get less oxygen and have less energy.

Smoking and boredom go round in a vicious cycle – you don't have energy to do anything, you get bored, you smoke, and then you have even less energy.

If you have a cigarette when you're bored, are you still bored after you finish it? Probably nine times out of ten you are. So... stop being bored and get your energy back!

You will have to try more than once to break the boredom rut. Make it happen! And the next time you get bored, whatever you do, try to get your brain off automatic replay. That boredom cigarette? You really don't need it.

STRESS

80% of teenagers who smoke say it helps people relax.

Says Who? Youth Smoking Survey 2006–2007.

But did you know that smoking can make you feel stressed out?

- Smoking makes your heart rate go up and makes you breathe faster – the same things that happen when you're stressed out!
- Nicotine makes you feel a little bit "high" and when your body gets used to feeling that way, it's hard to relax.
- Withdrawal can make you feel jittery, nervous, grouchy – the same feelings you might have when you're stressed out.



A plan to handle stress...

Try some of these ideas instead of smoking:

- Have a long, hot bath or shower.
- Listen to some music that makes you feel calm or relaxed – loud music might make you feel even more stressed.
- Take a nap.
- Call a friend.
- Go for a walk.
- Read a magazine or a book.
- Go for a run, bike, skateboard, snowboard, swim, skate... burn off your negative energy and get your mind off the stress.
- Take some slow deep breaths – count to 5 when you inhale, and then count to 5 when you exhale.
- Write down what’s bothering you.
- If you’re stressed because of another person, try to deal with that person directly instead of holding it all inside of you. It is amazing how good you feel after dealing with it directly. (Maybe start with “there’s something I need to talk to you about...”)
- Make a list of the things that are stressing you out. Then start taking care of everything on the list, one thing at a time. (You’ll have to deal with things sooner or later...you might as well be in control.)

What are some ways you can deal with feeling stressed out when you quit smoking?

.....

.....

.....

.....

.....

If you ever feel depressed for longer than two weeks straight, or you have suicidal thoughts, please talk with a doctor.



What does your sex have to do with smoking?

Females...

...Tend to smoke for negative reasons – to feel less stress, loneliness, sadness, or feeling depressed, or because they think it will help them lose weight or keep their weight from going up.

...Might become addicted to smoking faster than guys because they weigh less – nicotine gets more concentrated in their body.

...May experience more intense withdrawal symptoms because they are more addicted.

...Have a better chance of quitting if they don't set their quit date to happen during their period.

Males...

...Tend to smoke for social reasons – when they're out with their friends having a good time.

...May smoke more because nicotine doesn't last as long in their bodies because they weigh more.

...Spend less time getting ready to quit or learning how to cope with withdrawal, cravings, and temptations.

...Are less likely to get help to quit and more likely to overestimate their chances of quitting.





WHO WILL SUPPORT YOU?

Quitting will be easier if you have support and help from your friends.

Studies show most teens
would help a friend to quit smoking
if they were asked.
So ask.

Your friends and family won't know how to help you until you tell them how. **So tell them.**

Ask them for help and then tell them exactly how they can help you quit.

Ask for support with withdrawal symptoms. Explain you might be stressed for a few days.


Ask for help:

- "Can you please cut me some slack if I'm more stressed (...worried, depressed, angry, or tired) than usual."
- "Please make me laugh instead of getting mad at me."

If you do get grouchy with someone, have something ready to say, like, "I'm sorry, I'm having a hard time with withdrawal. I'm almost through it, it will be over soon."

Ask for support for smoke-free spaces.

- Tell friends that they can help by going to smoke-free places – the mall, the movies, houses, cars, restaurants, etc.
- Ask friends not to ask you if you want a cigarette or not to smoke around you.



One group of friends participated in the Quit4Life program together:

“The group support helped because all my friends were in there, and that helped because they were not smoking either.”

QUIT4LIFE PARTICIPANT

Ask for help with temptation and social issues.

- Tell your friends and other people who you want to support you that you’re trying to quit.
- Ask them to help you through difficult situations.
- Spend time with non-smokers and people you know who have already quit smoking.

Ask for encouragement.

- Ask friends if they would like to quit with you.
- Plan smoke-free group activities for some fun without tobacco.
- Ask others to encourage you, especially if they see you’re having a tough time.

OTHER THINGS YOU CAN ASK FOR:

.....

.....

.....

.....

.....

.....



BUILD YOUR SUPPORT NETWORK

My supporters :

1.

2.

3.

4.

5.

6.

There's a punch-out support card in the middle of this booklet that you can give out to people who you would like to support you. It has specific requests for help on the back.

You can also check out social networking Web sites – lots of them have groups where people help each other quit smoking.

How does second-hand smoke affect us?

Did you know that smoking can affect the health of everyone around you?

Although it's any individual's choice to smoke, other people are affected by that choice. Scientific research proves that people who breathe in second-hand smoke are more likely to develop and die from heart problems, lung cancer, and have breathing problems like allergies and asthma.

Unfortunately, many of the harmful chemicals in smoke are in the form of gas. That means they can't be filtered out through ventilation systems, windows, or special fans. If people smoke inside your home or your car, you may find it harder to quit.

Quit4Life can help you find ways to deal with this and ideas for how to get the support you need to help you quit.

When you quit, you'll lower the chance that other people, including your friends, will have health problems from your second-hand smoke. If some of your friends used to smoke, they'll be able to give you a lot of support.

You might try quitting together with some of your friends who still smoke. Every year, 2 out of 3 young people try to quit. Some of your friends may have been trying too!

Some of your friends who have never smoked may not know how to help you when you're quitting. And some of your friends who still smoke might not know how to help you make a change while you're still hanging out together.

Quit4Life can help you make a plan that can include your friends, and help you get the support that you need to quit.

HOW CAN YOU DEAL WITH NON-SUPPORTERS?

Research shows that most people will support you if you try to quit.

Just in case, can you think of anyone who might not support you?

Possible non-supporters:

1.

2.

3.

If you do come across someone who gives you a hard time, here's what you can do:

- Know that your choice to quit might make some people feel weird if they still smoke.
- Keep your focus on your goal of being a non-smoker and don't make other people feel bad if they don't support you or act like they don't care.
- You might have to learn to speak up for yourself and ask other people not to nag or tease you about quitting – that's probably just their way of coping or supporting you – they might not know how else to act.
- Practise! Think of some situations where other people might not support you when you quit smoking – make a plan ahead of time and practise what you can say and do if other people make it hard for you to stay smoke-free.

How can you tell who
you can ask for help?
Asking for help should
feel good.



So far, you've gone through Steps 1, 2, and 3:

- Get psyched.
- Get smart.
- Get support.

HOW TO GET READY FOR YOUR QUIT DATE

Here's one more thing to think about that increases the chance of you being successful at quitting.

What about stopping all cigarettes all at once?

Although cutting back is a good way to practise and prepare for quitting, when you're ready to quit the best way to go is – no cigarettes at all.

Why?

If you only cut back and still smoke some cigarettes, you won't lose the taste for them:

- You will still feel stressed out when the nicotine gets too low in your body.
- Your cravings and temptations won't go away.

Temptations may get stronger because you put yourself in a place of deprivation that doesn't go away.

- You will also feel a bit deprived because you're not having as many as you might like... SO it is easy over time to slip from say 5 cigarettes a day, to 10 a day, to a pack a day...





“The thing that drew me into Quit4Life, I have been smoking since I was 11, and I felt like I was getting sick all the time with colds and stuff, and so, when they announced the program over the PA, I figured, do you know what, at least I will have something to help me get through this.”

QUIT4LIFE PARTICIPANT

If you still smoke even 1 or 2 cigarettes, you won't notice the good things about not smoking:

- You won't notice a difference in your taste or smell.
- You won't notice that you have more energy.
- You won't stop coughing, or getting more than your share of colds.
- Your breath won't smell better – and neither will your clothes.

Make a plan and set your quit date

- Set a quit date within the next 2 weeks.
- Pick the top 3 reasons you want to quit smoking.
- Make plans for not smoking in the situations that usually make you want to smoke.
- Set up your supports.
- Prepare for your quit day.

Take action: Regular physical activity is a good idea when you're trying to quit. It will make you feel better, keep you busy, lower your stress, and lower your chance of gaining weight.

FOLLOW THROUGH ON YOUR PLAN.

The Top 5 Things You Should Include In Your Quit Plan:

1. Set a quit date within the next 2 weeks.

- If you wait any longer, your motivation to quit might go away and then you'll have to psych yourself up all over again.
- Pick a day that will be easy for you to quit. If you only smoke with friends at school, set your quit day for a Friday so you'll have a head start with the weekend.
- Make a contract with yourself and maybe a friend or two about when you're going to quit.

Quit date: _____

Signature: _____

2. Pick the top 3 reasons you want to quit smoking.

- Write them down and put a picture with them if it helps.
- Carry your top 3 reasons to quit around with you.
- You will need these reasons to remind yourself why you want to quit when you're tempted to smoke.

TOP 3 REASONS FOR QUITTING:

1. _____
 2. _____
 3. _____
-

3. Create plans for not smoking in the situations that usually make you want to smoke.

- From your Smoke Detector Tracking Form (see insert), rank the situations you smoke in from "easiest to not smoke" to "hardest to not smoke."
- Use the ladder on the next page with the easiest on the bottom and hardest on the top.
- Rate your confidence from 0–100% to keep from smoking in each situation.
- Create plans to stay smoke-free in each situation where you think you have less than 90% confidence.
Plans might include avoiding situations, chewing gum, telling yourself "not today," calling a friend, brushing your teeth, playing a video game, having a shower... whatever works instead of smoking.
- Write down your plans – if you don't write them down, it's easy to forget how you're going to get through them.



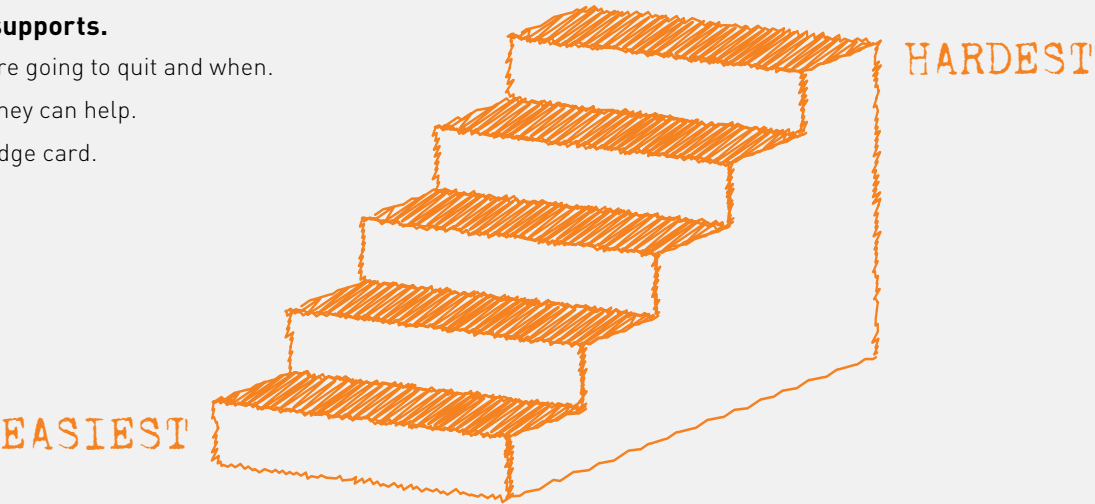
Socializing without Smoking

Especially in the first month of quitting, try to avoid situations where there are other people smoking. It might just be too tempting...

- Go where smoking isn't allowed, like the movies, the mall or concerts.
- Hang out with friends who don't smoke or who are trying to quit.
- Hang out on-line with your friends.

4. Set up your supports.

- Tell people you’re going to quit and when.
- Tell them how they can help.
- Give them a pledge card.



WHO I’LL TELL I’M QUITTING	THE TYPE OF HELP I’LL ASK FOR

5. Prepare for your quit day.

- Get ready to stop all at once.
- If you’re going to use the patch, an inhaler, lozenges, or gum, make sure you have it ready to go on your quit day. For more information on nicotine replacement therapy, see page 61.
- Get rid of your cigarettes, ashtrays, lighters, and anything that reminds you of smoking.

If you don’t they will all act as temptations and make quitting harder.

- Don’t hide any cigarettes “just in case” or for “just one.”
Remember how nicotine changes your brain – having “just one” keeps your brain looking for nicotine, keeps you hooked.
- Practise what you’re going to say to people who offer you cigarettes.
- Create a Survival Kit – carry whatever you need to stay smoke-free – toothpicks, gum, computer game, low-calorie snacks...



What have other quitters put into their Survival Kits?

- sugarless gum
- low-calorie snacks (carrot sticks, celery, yogurt, sunflower seeds)
- lollipops, suckers
- toothpicks
- stress ball
- computer game
- doodle pad and pen
- comic
- yo-yo
- a deck of cards
- cell phone
- paper clips or anything else that will keep your hands busy
- lipstick
- nail file, nail polish
- card with all the reasons you want to quit smoking and then read it when you feel temptation coming on
- tracking form
- picture of someone who will be proud of you when you quit smoking
- pledge card
- your quit plan

PUTTING IT ALL TOGETHER: MY QUIT PLAN

I commit to quit smoking on
DATE :

My top 3 reasons for quitting smoking are:		
1.	2.	3.



This is what I will do on my quit day:

.....

.....

.....

This is how I deal with:

withdrawal:

cravings:

temptations:

old habits:

This is what I will put into my Survival Kit:

.....

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Give yourself a pep talk!

A lot of our stress is from the conversations we have with ourselves in our own minds. This is called “self talk.” Some self-talk is good and helpful, like planning your day or telling yourself you did a great job. Some self-talk is negative and can make you feel stressed out, like telling yourself that you’re going to fail or that nobody will like you. Negative self-talk can make you feel stressed out and even make you do things that aren’t that good for you.

Notice if you’re having negative self-talk. If you notice that you’re doing it, ask yourself, “Is this really true or does this really make sense?” You can imagine a stop sign or some other sign that tells you to STOP the negative self-talk.



If you find yourself having a tough time and saying something negative like “I really want a cigarette” or “I can’t do this”:

- Think or say “STOP” right away
- Replace that negative self-talk with something positive, like:
 - “I don’t really want a cigarette, that’s just my old thoughts kicking in.”
 - “I can deal with this.”
 - “If I hold out, the craving will go away in a minute or so.”

MEDICATIONS TO HELP YOU QUIT SMOKING

In Canada, there are six main products that have helped some people to quit smoking:

Nicotine gum, inhaler, lozenges, and patches

- You can get nicotine gum, lozenges, inhalers, or patches at the pharmacy or drug store – you don’t need a prescription from your doctor.
- Talk to the pharmacist or your family doctor before you try them to find out how to use them right and to learn about their side effects.

Do they work? There is little evidence to date on whether or not to recommend Nicotine Replacement Therapy to youth and this issue requires further research.

Varenicline

- You need to get a prescription from your doctor for this medication.

Does it work? Studies on the effectiveness of varenicline in smokers less than 18 years of age are being conducted.

Bupropion

- You need to get a prescription from your doctor for this medication.

Does it work? Research has shown that Bupropion isn’t effective helping teens quit smoking for good.

Says who? Dr. Myra Muramoto and her colleagues at the University of Arizona. Muramoto, Leischow, Sherrill, Matthews & Strayer, 2007, Archives of Pediatrics & Adolescent Medicine, 161, 1068.

**Most people have to practise a few times,
so if you didn’t quite make it to be totally smoke-free yet,
just keep on! You’ll get there.**

What To Do If You Slip: Don't Freak Out!

All of us mess up sometimes. If you smoke a cigarette or two, don't panic. All your hard work isn't wasted. The easiest way to get back on track is to put that cigarette out right away:

- Don't finish it.
- Say something like, "I really don't want this" as you put it out.
- Move to a different room.
- If you bought cigarettes, throw them away or give them away.
- Take some deep breaths. Breathe in to the count of 5, then breathe out to the count of 5. Do this a couple of times.
- Read your motivation cards with the reasons for quitting.
- Do something, anything to change what's happening – brush your teeth, call a friend, take a walk...

A slip is not a failure.

The important thing is to get back on track as quickly as possible and to learn from the slip:

- Think about what happened that made you want to smoke.
- Figure out how you will deal with the situation in a different way if it happens again.
- Be kind to yourself and think positively.

Remember that every time you make a serious try at quitting, you can use it to learn some important information that you can use the next time you try to quit.

Sometimes, it takes several tries to quit

Most people have to practise a few times, so if you didn't quite make it to be totally smoke-free yet, just keep on! You'll get there.

- About half of all youth between the ages of 15 and 19 who quit smoking (48%) tried more than once before they successfully quit smoking.

How many attempts? Almost 3 tries before finally succeeding.

Says who? The Canadian Tobacco Use Monitoring Survey, 2008.

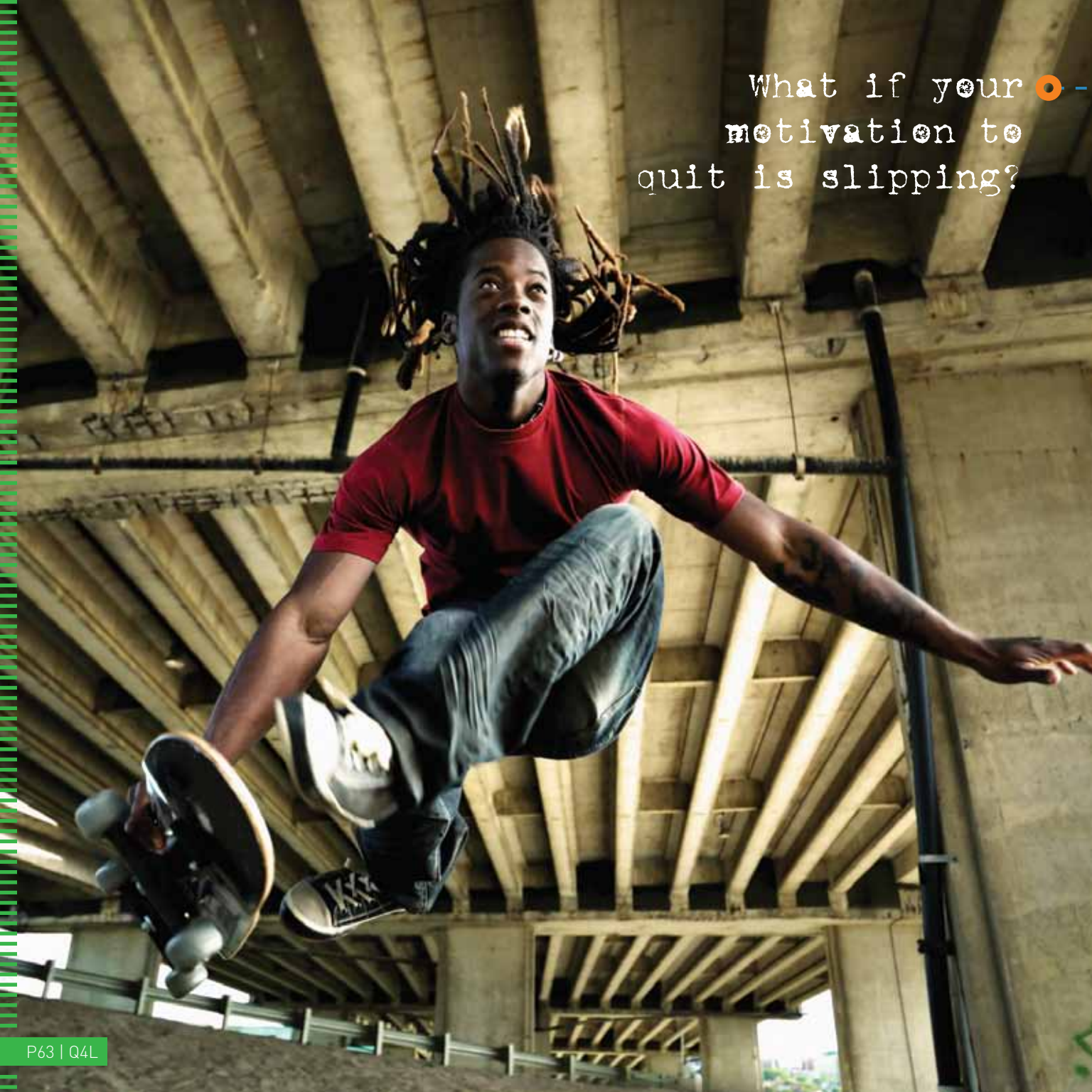
But, if you're struggling to remain smoke-free (say, smoking more than 3 days in a row or one day every week for 3 weeks), try going back and reviewing all the steps in this program, beginning with Step One. The reason for reviewing the steps is that the top reasons people are successful at quitting are included in Steps 1–4. That is, people who are successful at quitting:

1. Work through the conflict of wanting to smoke and wanting to quit.
2. Get support.
3. Figure out their high-risk situations for having a cigarette.
4. Plan how to handle high-risk situations before they quit.
5. Have a written plan for quitting that includes lots of techniques.
6. Don't give up on their plan too soon.

Research suggests that people who are 100% confident they will quit are the most successful.

Says Who? Dr. Patricia Smith and her colleagues at Stanford University. Smith, Kraemer, Houston Miller, DeBusk, & Taylor, 1999, *Journal of Consulting and Clinical Psychology*, 67, 19-27.

What if your motivation to quit is slipping?



If you do find yourself in situations where other people are smoking, it really helps to practise ahead of time what you will say and do:

- Practise ways of saying “no” when someone offers you a cigarette and then say it.
- Or you could ask a friend to take a walk with you so you won’t smoke.

“No thanks, I’m trying to quit.”

“Go ahead without me, I’m just going to go to the washroom.”

- Check out “How to refuse” on page 42.

Two of the best ways to stay motivated to quit are:

1

Write your reasons for quitting down, carry them with you, and look at them often (pictures work just as well as words).

2

Create as many small successes as you can – when one or more of your plans to stay smoke-free work in a difficult situation, you will feel more confident and more motivated to try again in more situations. It feels amazing!

GO ON-LINE FOR MORE!

Quit4Life is also available as a self-help on-line program.

At the Quit4Life on-line program, you can follow a 4-step program to help you quit smoking.

The program is available at www.health.gc.ca/quit4life.

For more information about smoking and second-hand smoke, visit www.gosmokefree.gc.ca.

ADDITIONAL RESOURCES

On-line

Canadian Cancer Society

http://www.cancer.ca/Canada-wide/Prevention/Smoking%20and%20tobacco.aspx?sc_lang=en
1-888-939-3333

Canadian Lung Association

http://www.lung.ca/protect-protegez/tobacco-tabagisme/quitting-cesser/index_e.php
1-888-566-lung

Centre for Addiction and Mental Health

http://www.camh.net/about_addiction_mental_health/drug_and_addiction_information/about_tobacco.html

Health Canada – On the Road to Quitting

<http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/now-maintenant/road-voie/index-eng.php>

Lungs For Life

<http://www.lungsareforlife.ca>

No Stank You – Crush Tobacco

http://www.nostankyou.com/crush_tobacco

The Scoop on Smoking

<http://thescooponsmoking.org>

Centers for Disease Control (United States)

<http://www.cdc.gov/tobacco/youth/index.htm>

The Youth Tobacco Vortal Project

<http://www.smoke-fx.com/index.html>

Health Canada – Youth Zone

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php>

Conseil québécois pour le tabac ou la santé (in French)

<http://www.cqts.qc.ca/>





Off-line

Kids Help Phone

1-800-668-6868

Toll-free Quitlines

Call a toll-free quitline in your area for telephone support from a quit specialist who will help you develop a quit plan and answer your questions about quitting. The specialist can also provide a choice of free services tailored to your

needs, including self-help materials, a referral list of other programs in your community, and one-on-one counselling over the phone.

Call toll-free:

Newfoundland and Labrador	1-800-363-5864
New Brunswick Nova Scotia Prince Edward Island Ontario Manitoba Saskatchewan Yukon	1-877-513-5333
Quebec	1 866-527-7383
Alberta	1-866-332-2322
British Columbia	1-877-455-2233
Northwest Territories	1-866-286-5099
Nunavut	1-866-877-3845

You can also contact:

Local youth centres (see your telephone book)

Campus health centres (in colleges and universities)

Health Canada does not officially endorse any of the above sources of information and assumes no responsibility for their content or approach. This information is provided as a courtesy.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



www.health.gc.ca/quit4life