



Be Yourself.
Live Smoke-Free.

The No Smoking Room is a safe website for young girls to learn how to live smoke-free.

Come join the fun.

After all, it's your room.



NoSmokingRoom.org



Why visit the No Smoking Room website?

- **Too many girls are smoking.** More than 21 million adult women and 1.8 million girls smoke in the US.
- **Smoking is not healthy, pretty, cool, or fun.** Tobacco companies sell cigarettes by showing you models who make smoking look cool and grown-up. Here's the truth: It causes cough, asthma, trouble breathing, wrinkles, cancer and more.
- **Girls get addicted to nicotine easily and at a younger age than boys.** If you start smoking before you turn 17, you will find it very hard to quit. Even just a few cigarettes can cause you problems.
- **Secondhand smoke is not healthy either.** You may breathe in someone else's smoke in the air. This exposes your body to poisons that can hurt your lungs and cause cancer.

Reference

U.S. Department of Health and Human Services. Women and Smoking: A Report of the Surgeon General. 2001 [cited 2008 July]. Available at:
http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2001/index.htm

nosmokingroom.org is based at Dartmouth Medical School and Children's Hospital at Dartmouth. The website was created through an educational grant from Pfizer, Inc. For more information, please email: info@nosmokingroom.org.

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