The BACCHUS Network™

The BACCHUS Network™ is a university and community-based network focusing on comprehensive health and safety initiatives. It is the mission of this 501(c)(3) nonprofit organization to actively promote student and young adult health, campus and community-wide leadership on healthy and safe lifestyle decisions concerning alcohol abuse, tobacco use, illegal drug use, unhealthy sexual practices and other high-risk behaviors.

The BACCHUS philosophy is that students play a uniquely effective role - unmatched by professional educators - in encouraging their peers to consider, talk honestly about and develop responsible habits and attitudes toward high-risk health and safety issues.

Quitting

For the rest of my life, that's for sure. - Peter

One of the hardest things to do; therefore, it is a part of your life.

Behavior or habit, they tend to move... The Stages of Change. If you are quitting or just starting, it may help to identify where you are in the process of becoming tobacco-free.

About Quitting?

The process for quitting or want to get there are some suggestions to help you.

Speak to a counselor or a local health agency. Most are helpful, free information on quitting

0 QUIT NOW. The coaches at the Quit Line are here to help. Plus, it's free.

Options for quitting. Talk with a medical professional replacement therapy (NRT) and other types of medication. It increases the attempt to be successful.

Stop, start, and learn more about tobacco and what or how to help a friend with the process.

Tobacco Free

Creating Tobacco-Free Generations www.tobaccofree.org

an initiative of

The BACCHUS Network

The BACCHUS Network™ is the largest student health organization in the world, providing programming, training, and educational resources to colleges and universities and other health and wellness organizations.

Learn more information and programming ideas and see available resources by visiting the educational websites that are part of The BACCHUS Network™:

* www.bacchusnetwork.org
* www.smartersex.org
* www.friendsdrivesober.org
Unfortunately, tobacco has an unfair advantage over humans. The nicotine in tobacco is one of the most powerful addictive substances we know. It doesn’t take long to take effect, either. A study in the British Journal of Addiction demonstrated young adults developing dependence after just 4 cigarettes, and a 2006 Canadian study showed signs of addiction forming after just one cigarette.

No one intends to become addicted to tobacco, and most people do not continue to smoke because they want to, they have to. Not only does the nicotine have a chemical effect on the brain, but the routine and associated activities of smoking become part of the addiction. With this multi-pronged addiction fed by repetition, it’s easy to see why it is imperative to start quitting early.

I Like What Smoking Does FOR ME...

Do any of these sound like you?

• It’s easier to start conversations with fellow smokers.
• Smoking gives me a buzz and a light-headed sensation that I like.
• It helps me during stressful times, like finals or when I have an argument.
• I only do it when I’m out with friends or if I’m drinking.
• It’s part of my daily routine.
• I’ll just smoke during college, then quit when I graduate.

The initial draw of smoking is usually based on the desire to look cool or sexy, to be considered a risk-taker, or to relax and hang out with friends. None of these are bad things. We all want to be considered attractive in some way, and the desire to be a part of the group is a fundamental human need. Tobacco marketing has always reflected these emotions. It’s an effective way for getting people started smoking. However...

Quitting: What’s in It for Me?

Health, for starters. The longer a person stays quit, the more the negative effects of smoking are reduced in the body. Circulation improves, the chances of heart and lung diseases decrease, and the body begins to repair itself.

But there are other things...

More Time and More Money

Smoking eats away at both. By quitting, you may gain an extra hour each day or 15 full days each year to do something else. People who quit suddenly have more time to do things. Plus, think of all the money that would no longer go to cigarettes.

Fewer Distractions

Over time, the power of nicotine addiction becomes so strong that smoking is often the only thing a person’s mind. The anticipation of the next cigarette or smoke break can be overwhelming. Without that distraction, focus can improve which may lead to better grades.

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1. Nicotine + habits + time = long-term addiction

When I first started smoking, I was more worried about looking cool than having to do it. I’m so glad I didn’t have to. Without that, my day would be much slower and very hard.

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Tobacco is a problem for people who smoke. It can lead to lung cancer, heart disease, and other serious health problems. However, the people who are most affected by tobacco are those who smoke.

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