

Ten Reasons Teens Start Smoking

1. To seem more sophisticated, older, or more "cool"
2. Because of peer pressure
3. Due to the influence of advertising
4. Because teens believe they can quit at any time
5. For its short-term stimulant effect
6. To have something to handle or hold
7. For relaxation and stress relief
8. As a social crutch
9. To deal with other cravings
10. Because they see family members do it

