



# Social Smoking

## What is social smoking?

Social (intermittent) smokers light up often, but not daily, and mainly in or only in social settings. They only have a cigarette when they go out with friends. They think, "I will smoke a little in social situations and quit later."



**Social smoking does NOT mean you aren't a real smoker.** Social smoking is smoking. There is really NO safe amount of smoking. Social smoking can lead to regular smoking. Many social smokers go on to become long-term smokers.

## Social smoking does NOT mean you aren't addicted.

Occasional smokers can actually be addicted. The longer you are a social smoker, the harder it can be to give up tobacco. Social smokers are likely to continue smoking years after they begin.

**Social smoking is NOT risk free.** Social smokers are more likely to be frequently exposed to secondhand smoke which can be dangerous. Each year about 3,000 people die from lung cancer because of exposure to secondhand smoke. Also, studies link light or social smoking with heart disease, lung and other cancers, respiratory tract infections, and an overall lower quality of life.

**Only smoking sometimes does NOT mean you won't get cancer.** If you smoke at all you increase your risk for cancer, heart disease, respiratory disease and premature death. Practically every part of the human body is affected by the chemicals in the tobacco and tobacco smoke.

## THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

For free help to quit smoking or using tobacco call 1-800-QUIT-NOW or visit [www.smokefree.gov](http://www.smokefree.gov).



For more information about Tobacco Free Colleges or for assistance in adopting and implementing tobacco-free policies and promoting cessation visit [www.tobaccofreecollegesnc.com](http://www.tobaccofreecollegesnc.com).

Sources: Schane, R., Ling, P., & Glantz, S. (2010). Health effects of light and intermittent smoking: A review. *Circulation*, 121(13), 1518-1522.; Wetter, D. W., Kenford, S. L., Welsch, S. K., Smith, S. S., Fouladi, R. T., Fiore, M. C., & Baker, T. B. (2004). Prevalence and predictors of transitions in smoking behavior among college students. *Health Psychology*, 23(2), 168-177.