

Smoking on Campus

Name

Course

Tutor

Institution

Date

In the early years of smoking, when this practice was new to people, they were allowed to smoke wherever they felt it was a suitable place. Public places were not an exception. However, smoking is restricted in all communal areas nowadays. Moreover, it is even prohibited to advertise smoking on TV, radio, magazines, and other mass-media.

There are several reasons why people start smoking. Trying to look older than you are, pretending to be an adult when you are still a teenager, trying to look more fashionable and confident. The fact is that many people who started smoking early in their life didn't even think that they would become addicted later. So, it is better to suggest that it is better not to start smoking at all. Researches show that people between 18 and 24 make up a group that gives tobacco companies the highest level of income, so they are specially targeted by those companies (Borders, Xu, Bacchi, Cohen, & SoRelle-Miner, 2005). Estimates are that between 2002 and 2010 the number of smokers ages under 18 years increased from 600,000 to 1 million, which is a rather bad tendency. It is also important to note that there are no physical reasons for our body to call for tobacco the way it calls for food, water or sleep.

Cigarettes contain chemicals that are actually toxic and can kill a person when they are in high amounts. In fact, our organism detects poison and tries to shield itself from it. That's why people feel unwell when they smoke for the first time: typical feelings are stinging sensation or soreness in the throat and lungs, vomiting, etc. It is also a well-known fact that cigarettes cause such serious diseases as cancer, cardiovascular diseases, and emphysema. Smoking also lowers life expectancy and takes up a considerable amount of expenses each year (Borders *et al.*, 2005).

The Federal Daily (2009) informed "The General Services Administration published a bulletin that cancelled and replaced the existing federal workplace smoking policy and imposed further smoking bans in and around federal facilities." This shows the governmental initiatives to prevent smoking among its citizens. There are special cessation classes for those in the army who want to stop smoking, since smoking is prohibited on campus and training grounds. In order to limit

the number of smokers on college grounds, colleges and universities should apply strict and effective methods of tobacco management, as well as provide students with smoking prevention guidelines.

The American College Health Association (ACHA) and American Cancer Society (ACS) urge colleges to ban smoking in college buildings, as well as hostel halls. Moreover, they also insist that cigarettes and other tobacco merchandise should not be sold or promoted on campus. About 1000 college and university campuses in the USA have taken action to prevent smoking indoors and on the premises as a result of a law mentioned above.

Despite the fact that the majority of the US population does not smoke, only 48.6% as an opportunity to enjoy smoke-free place while they work, study, or have leisure time (Borders et al., 2005). That numbers show us how important it is to protect both students and staff members from second-hand smoke. With all respect to smokers, smoking among other people in the crowd including non-smokers is unacceptable and can be considered as a lack of respect. Second-hand smoke may be viewed as not so harmful, but its long-term effects include various health complications, such as respiratory diseases.

By banning smoking on campuses, we will create an atmosphere among the students that smoking is something that is not accepted and it will soon become a thing that students are used to. Moreover, if a student doesn't smoke on campus, chances are that he or she won't start smoking later while working elsewhere in the city. Another positive outcome is that such attitude towards smoking will promote a healthy lifestyle among current and future students. One more effect of banning smoking is that it will also influence alcohol consumption. In fact, people often smoke while drinking alcohol. If these two actions are interrelated, then the ban of smoking should lower the consumption of alcohol.

One out of every five deaths in the US are caused by smoking. That's why prohibiting it on campuses is the way to save the lives of the youth, who are actually willing to learn and are more

likely to accept these changes compared to the older generation.

Bibliography

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