

班會「珍愛生命，拒絕菸毒」宣導

Class Meeting Promotion of “Treasure your Life: Say No to Drugs & Tobacco”

宣導主題：「珍愛生命，拒絕菸毒」（第 12 週班會）

Promotion Themes: Treasure your Life: Say No to Drugs & Tobacco (Week 12 Class Meeting)

宣導主題：

Promotion Themes:

1 無菸校園願景與防範二手菸傷害。Vision of Nonsmoking Campus and Second-hand smoke prevention

2 強化反菸毒宣導，認識菸毒的危害，防範菸毒滲入校園。Enhance the promotion of Anti-smoking and Anti-drugs, ensure students understand the damage of smoking and drugs and prevent misuse and infiltration of drugs on campus.

宣導內容：

Promotion Contents:

一、戒菸的理由 The reasons to quit smoking

1、吸菸會導致癌症。世界衛生組織證實 30% 的癌症和吸菸有關。Smoking causes cancer. It has been proved by the World Health Organization that 30% of cancer can be attributed to smoking.

2、吸菸引起心臟血管疾病、易導致中風。Smoking causes cardiovascular disease which easily leads to a stroke.

3、吸菸導致肺癌、慢性肺氣腫、慢性支氣管炎。Smoking causes lung cancer, chronic pulmonary emphysema and chronic bronchitis.

4、吸菸導致男性失去性機能及生育能力的機會大增。Smoking increases the odds of male sexual dysfunction and inability to have children.

5、吸菸者易罹患骨骼疏鬆症及更年期提早來臨。Smokers are more likely to develop osteoporosis and have menopause arrive earlier.

6、孕婦吸菸易導致胎兒早產及體重不足，甚至導致流產機率增高。Smoking during pregnancy causes premature births with low birth weight, and even increases the miscarriage rate.

7、吸菸使牙齒及手指變黃、容易口臭，並會導致「香菸臉」。Smoking causes yellow teeth and fingers, bad breath and smokers' face.

8、吸菸害人害己，戒菸才是長壽、健康最佳的方法。Smoking harms smokers as well as non-smokers. To quit smoking is the best way to live longer and healthier.

二、毒品對社會的危害 Societal danger caused by drug abuse

據天下雜誌的報導統計，台灣監獄裡平均有近四成是煙毒犯人數大約 2 萬 5 千餘人，而且他們的回監率高達八成，助長了台灣各地監獄人滿為患。從各地檢署起訴案件估也高達 40% 以上是毒品案件，數量極為驚人。In accordance with the statistics reported by Common Wealth Magazine, more than 25,000 people, 40% of prisoners in Taiwan, are incarcerated due to drugs and 80% of them will be re-incarcerated, which leads to overcrowding in Taiwan prisons. More than 40% of prosecution cases are related to drugs,

which is really incredible.

吸毒者往往耗盡家產，並使親人身心俱疲、家庭破碎，乃至於為了購買毒品，涉及竊盜、搶劫及暴力傷害，造成難以數計的社會悲劇，是臺灣一大禍患的根源。由於毒癮戒治不易，加強反菸毒教育更形重要。 Druggies usually squander their family property, bring much stress to their families, often resulting in broken families. Some of them even are involved in larceny, robbery and violence for buying drugs, which not only causes numerous societal tragedies, but is also ruinous to Taiwan. Drug addiction is really hard to treat, so it is really important to enhance anti-smoking and anti-drug education.

相關宣導資訊、圖片、影片參考資料網址：

The website for the related promotion information, photos and films:

華文戒菸網 E-Quit Chinese : <http://www.e-quit.org/>

法務部無毒家園網 Home without drugs of Ministry of Justice:

<http://refrain.moj.gov.tw/mp.asp?mp=1>