

Social Smoking

Many people smoke with their friends, co-workers, partners, or family members. In fact, some people say the only time they smoke is when they are around other smokers. This kind of smoking is called “social smoking.” If this sounds like you, you should be aware that:

- **NO** amount of smoking is safe. Even one cigarette a day can lead to health problems and an early death.
- Smoking socially can put you at risk for becoming an everyday smoker.
- You expose others to second-hand smoke if you smoke around them.



For a WebMD article on the health effects of social smoking, click [here](#).

If you consider yourself a social smoker and are thinking about quitting, here are some ideas to help you navigate becoming a non-smoker in your group:

- If possible, avoid being around others while they’re smoking—at least during the first few weeks after you quit. Avoid taking smoke breaks at work or leaving the bar with others who are stepping out for a smoke.
- Make your car and home smoke-free by asking others not to smoke in these areas.
- If you are around other smokers, plan ahead by bringing something to distract you—such as mints, a water bottle, or gum. You’ll have something to do with your hands and mouth, so you aren’t tempted to smoke
- If quitting social smoking is hard, talk to your doctor or check out the resources below for free help in quitting.

For tips on what to say when others question you about your decision to quit, visit [EX.org](#).

FREE ways to get help with quitting tobacco

- If you have **questions**, want **free information**, or **free in-person, one-one-one coaching** - call MGH Community Health Associate’s [Living TOBACCO-FREE](#) at 781-485-6210.
- If you want **free over-the-phone coaching and free nicotine patches** - call the Massachusetts Smoker’s Helpline at **1-800-Quit-Now** or **1-800- Déjalo (Spanish)**. Other languages: 1-800-784-8669. Deaf/TTY: 1-888-229-2182. 24 hours a day, 7 days a week. For more information, visit [Make Smoking History](#).
- If you want **free online help with quitting** - visit [Smokefree.gov](#) (also offers **texting** programs) and [BecomeAnEX.org](#).
- If you are a **Partners HealthCare employee**, contact **Partners in Helping You Quit** at 617-724-2205 or [PiHQ@partners.org](#). You may be eligible for free medication or over-the-phone counseling to help you cut down or quit.