

Smoking should be prohibited in all parts of college building argumentative essay...

[Health & Medicine](#), [Addiction](#)



As individual's reach the age of 18 and in some cases the age of 16, it becomes increasingly difficult to control behavior. Teenagers often move out of their parent's household is because of which there is no direct parental supervision to control behavior. In other words, teenagers and young adults become independent; thus, it becomes difficult to regulate their behavior. However, there are teenagers who know the difference between right and wrong and regardless of being independent they draw certain boundaries and ensure they stay within these limits. One of the most taken for granted aspects by teenagers is their health. They often overlook the harmful effects of things on their bodies. For instance; excessive intake of fast-food, alcoholic drinks, and smoking are some of the activities common amongst adolescents. Smoking has become increasingly common in the younger population, and this will have harmful effects upon their health and the economy in the long-term. Certain colleges and universities place restrictions upon students over smoking and other similar activities, but these rules are difficult to regulate at this level (Btf. gov).

In colleges, there are people of varying age groups and are normally above the age of 18 years. This age group is considered as difficult to handle because of their sense of independence and resistant attitude. Colleges often have disciplinary departments that prohibit students from smoking on campus. At the college campus, specifically inside buildings, there are many students within the vicinity and there are greater chances of people having medical conditions that would worsen because of passive smoking. In order to ensure that all students are given respect and equality; therefore, smoking should be prohibited inside buildings. Furthermore, people should

be considered towards others and should voluntarily opt not to smoke inside buildings. As young adults, they should have a sense of responsibility towards their external environment and this may be further emphasized by formal rules against smoking inside buildings (Debate. org).

There have been many campaigns against smoking globally and it has stopped people from smoking inside college campuses. The anti-smoking campaigns should not only focus upon the health hazards to the smoker, but it should also emphasize upon the hazards to those around the smoker. In other words, the hazards of second-hand smoking are worse than any other health hazard. There has been an increase in lung cancer, and a major part of this increase is because of smoking either directly or indirectly. Moreover, some college campuses do not have enough ventilation due to restriction on space; therefore, if people smoke inside college buildings it greatly has an impact upon those within the building. Smoke gets into clothes of the smoker as well as surrounding people, and this then has a multiplied effect because wherever the individual goes he carries with him the smell of smoke (American Cancer Society). In professional colleges, smoking should be banned within buildings because the smell is not pleasant, and most workplaces discourage smoking within office buildings. Consequently, if students are not trained to carry themselves in an adequate manner and their personal hygiene is not emphasized upon at the college level they may face problems in their professional lives. Furthermore, an anti-smoking policy also promotes discipline that is essential for any educational institution. Discipline teaches an individual a lot about life in general and would greatly help them in their professional areas. If students realize, they are expected

to follow rules and regulations they would be accustomed to this trend later in their professional lives.

On the other hand, the choice to smoke should be a personal matter.

Smokers can only be advised against the idea of smoking, but they cannot be forced to quit smoking. At the college level, individuals should not be closely supervised because they are in the process of learning. If students are regulated at every step of the way, they may never learn how to take responsibility and care about those around them. It is essential to make mistakes because it adds to the learning experience. If a student is checked upon constantly, they may feel suffocated and never learn how to make decisions when they enter their professional lives. One of the arguments put forwards by people who say smoking should be allowed suggests that there are various other elements in the environment around us that are causing harm to our health; therefore, smoking must not be labeled. Smokers argue that they should have the freedom to smoke wherever they want, and people who have a problem should try and not be around smokers. Since, it is difficult to control smoking in other public areas; therefore, there should be no special regulations for college campuses. In countries that support freedom of choice and actions they should not control activities as minute as smoking. There should be smoking rooms in all building to avoid the inconvenience for the smoker to go out of the building every time they want to have a smoke. These designated areas within buildings should be away from the general crowd, but anyone who wants to smoke should be allowed. In most offices also there are rooms for smoking; thus, the same should be practiced within colleges as well. People consume excessive fast foods and

alcohol which are equally hazardous to their health as compared to smoking. Therefore, if people have a problem with smokers they should alter their lifestyles altogether and not blame it upon smokers (Unigo).

People should have the freedom to decide whether they smoke and where they smoke. Anti-smoking campaigns help create awareness and build an individual's conscience, but that is the most they can do. Individuals should have self-realization and think about those around them while making the decision to smoke or not. At the college level, individuals can make life decisions; therefore, the decision to smoke comprises a very small part of their life. Close regulation and laws about minute things often desensitize individuals about other serious matters as well. Students can only be made to realize about being considerate about others, but there is nothing more that can be done. People who want to smoke will smoke and find a way to dodge the rules as well. Smokers only add to the already harmful toxins in the environment; therefore, in order to promote a healthier environment other pollutants must also be eradicated. However, since every step matters; thus, individuals should try and play their part. Smokers could opt to not smoke in public areas so that they do not cause any harm to others apart from people like them. There exist people who are conscious about this issue and ensure they do not disturb the comfort of those around them.

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