

Saying NO to Tobacco



Most people who use tobacco started when they were kids. There are many reasons why kids start using tobacco in the first place. To name a few...

- To fit in
- To be popular
- To stay thin
- Peer pressure
- Family members smoke
- To be like celebrities

You are special without using tobacco!

There is no good reason to start. Smoking does not change what others think of you.

Did You Know?

- Most people don't smoke.
- 7 out of 10 people who smoke want to quit but can't.
- Smoking may look cool, but it can cause health problems like a bad cough, asthma, and cancer.
- Smoking can stunt your growth.
- You may lose friends instead of making friends if you start smoking.

IT'S NOT WORTH IT!

Ways to Say NO

If you are being pressured to smoke, try these simple lines...



- Say NO as many times as it takes. **DON'T GIVE IN.**
- Know the reasons why you don't smoke. Get the facts.
- Be strong and confident.

Tips to Staying Smoke Free

- Hang with friends who don't smoke.
- If your friends or family smokes, encourage them to quit.
- Think of things you like about yourself that smoking might change.
- Get involved in fun activities.

