Be Smart, Don’t Start!
Say NO to Smoking

This book belongs to
The other day I saw my friend George smoking a cigarette! I couldn’t believe it!

Smoking is one of the worst things kids, or even adults, can do to their bodies.
I guess he just wanted to try something dangerous and bad.

Well, he sure did! There’s nothing worse than smoking.
I decided to talk to George.

But first I wanted to learn more about how bad smoking really is for kids.
There’s a dangerous chemical called nicotine in tobacco that can cause heart disease and cancer. Why would anyone smoke and take a chance with their health? It gets worse...
• When you smoke, you hurt your lungs and heart.
• Smoking makes it hard for blood to move around in the body.
• It makes asthma worse.
• People who smoke feel tired and cranky.
Not only is smoking bad for the person doing it – but Second-Hand Smoke is bad for, well, everyone!

I didn’t think even this was enough to get George to stop smoking. I knew something that would work. The ICK factor!
• Smoking makes you and your clothes smell bad.
• It makes your breath stinky, too. Ugh!
• It makes your teeth yellow. Yuck!
• When you smoke, you get more colds and coughs.

What fun is that?
Kids who smoke have a really hard time keeping up when they play sports.

They can’t run as long and play as hard. AND!
Smoking costs a LOT OF MONEY! As for me, I’d rather spend the money on CD’s or computer games or clothes or just fun stuff. I knew what I had to say to George.
I told George about how bad smoking is for kids.

After hearing all that icky stuff about the bad breath and yellow teeth and stinky clothes and not being able to breathe and keep up in sports, he said, “Okay, okay! I get it! I promise I’ll never, ever smoke again.” And I believe him.
The best thing about smoking is never to start.

Be Smart
Don’t Start!
Happy Face

Draw happy, healthy smiles on the non-smoking faces.
Draw yucky smiles on the smoking ones.
SOME SMOKER Coughed and mixed up all the words

Can you unscramble the words?

HINT: The word begins with the letter in black

1. konsmig ______________
2. ugoch _______________
3. etabersh ______________
4. enymo _______________
5. latheh _______________
6. nisykt _______________
7. nru _______________
8. lapy _______________
WHICH ONE IS DIFFERENT?

1. NO SMOKING
2. NO SMOKING
3. NO SMOKING
4. NO SMOKING

See answer on next page
FILL-IN FUN

Fill in the missing word

1. It’s unhealthy for kids to ___ ___ ___ cigarettes.

2. Smoking is bad for your ___ ___ ___ and ___ ___ ___.

3. Smoking makes your teeth ___ ___ ___.

4. It makes you and your clothes ___ ___ ___.

5. The best thing about ___ ___ ___ ___ is not to start smoking.
Be Smart, Don’t Start!
Say NO to Smoking

I promise to be smart and never smoke cigarettes. To believe in myself and who I want to be. To keep my body healthy. To make the world a better place for kids like me.

__________________________
Sign your name here