

Being Me



AND Tobacco Free





5 REASONS TO BE HAPPY AND TOBACCO-FREE

1. Tobacco contains the drug nicotine.
2. Nicotine is addictive - you want more and more.
3. Nicotine hurts your brain.
4. Smoking can hurt your lungs and makes it hard to run and play.
5. Smoking is not cool.
6. Make healthy choices and be Tobacco-Free!

Stay happy! Stay healthy!
Be Tobacco-Free!

