

Being Me & Tobacco Free

Using tobacco is bad for you. Using tobacco makes you want to keep using more so you hurt yourself over and over.

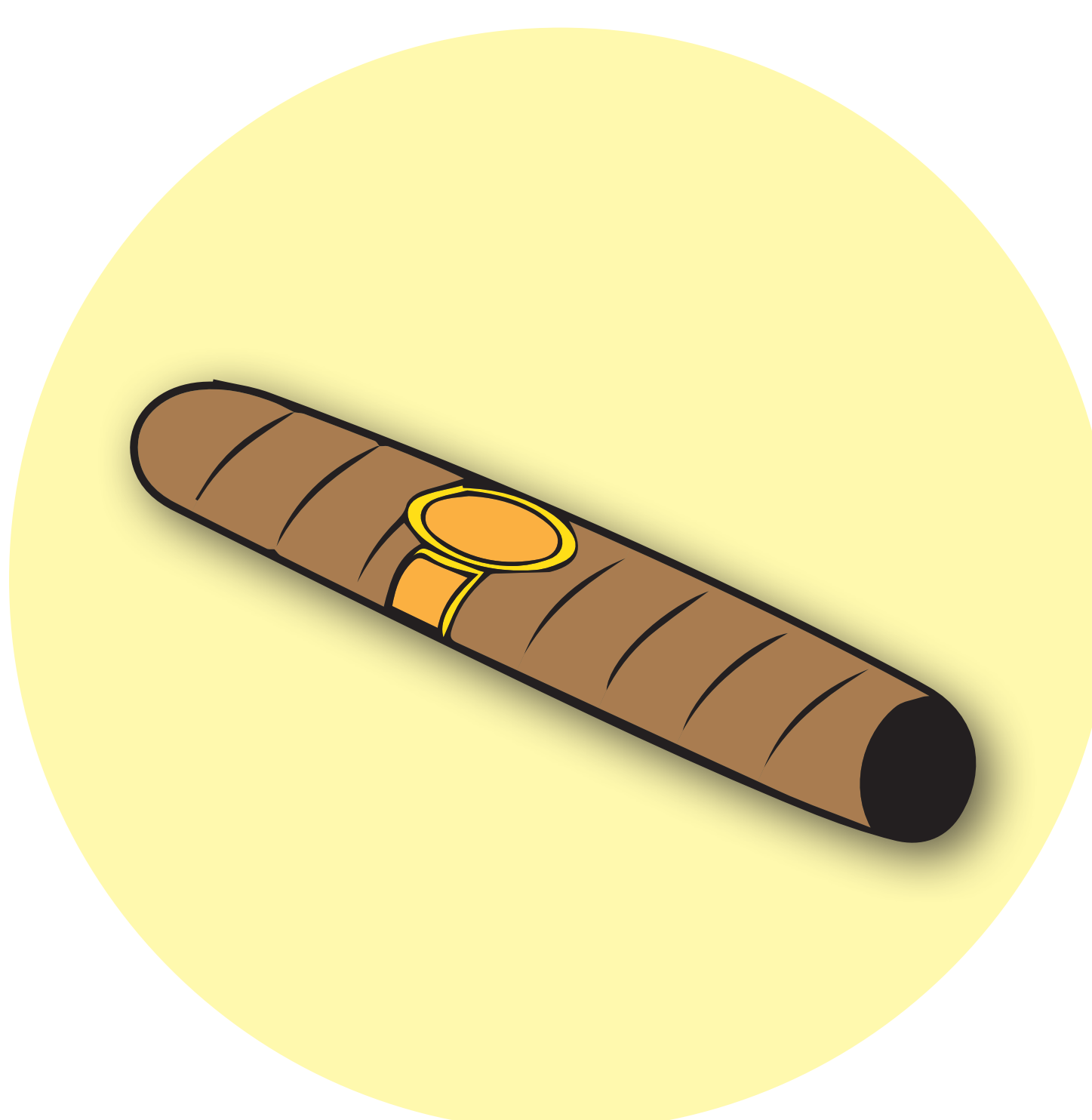
Any form of tobacco is bad for you.



Cigarettes



Spit Tobacco



Cigar



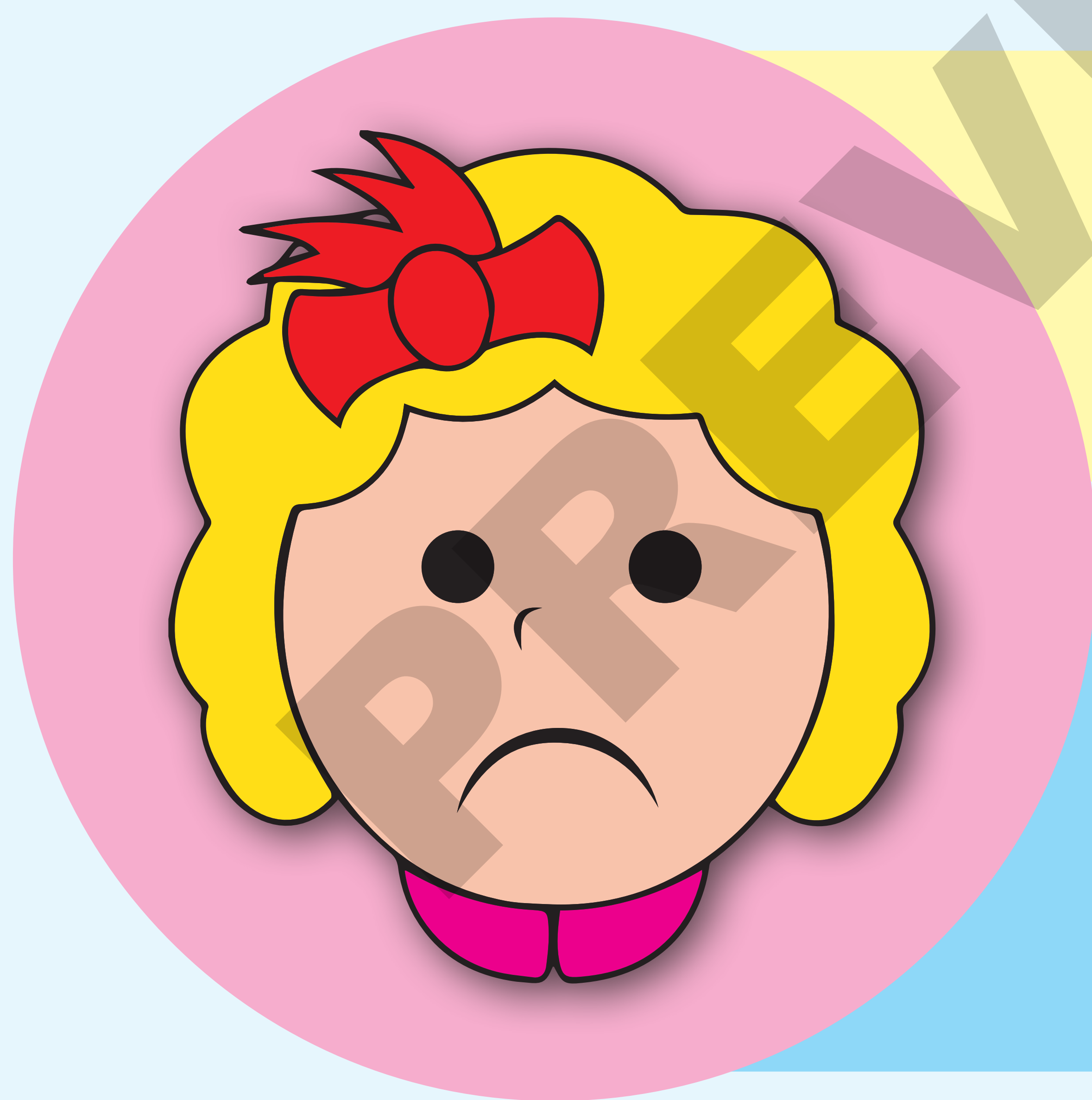
Pipe

Your friends might tell you that smoking is cool. They are wrong! You have probably seen grown-ups use tobacco. They know it is bad for them, but they cannot stop.



It is better to never start using tobacco.

Tobacco hurts your body!



- Tobacco turns your teeth yellow and brown.

- Tobacco hurts your gums and jaw and makes your breath smell bad



- Tobacco hurts your lungs
Lungs are the parts of the body that help you breathe. Breathing well is important for running and playing.



- Tobacco hurts your heart
The heart makes sure that other body parts get enough blood to move, work and play.

Saying 'NO' to tobacco is good for you.



Be good to your body.

