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.

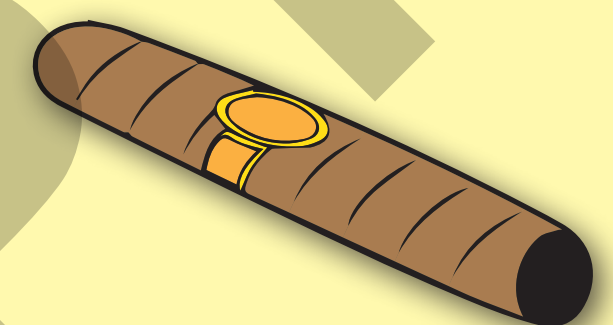## Any form of tobacco is bad for you.

Spit Tobacco   **Cigarettes**   **Pipe**   **Cigar**

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

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 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.