

# THE NO-PUFF PALS



# Hi, We're the No-Puff Pals.

I'm Max



I'm Sasha



I'm Lance



And we're on a mission to stop people from using tobacco.

Help us put an end to tobacco.

Put an **X** over these items, which are hidden in the picture.

Pack of Cigarettes



Pipe



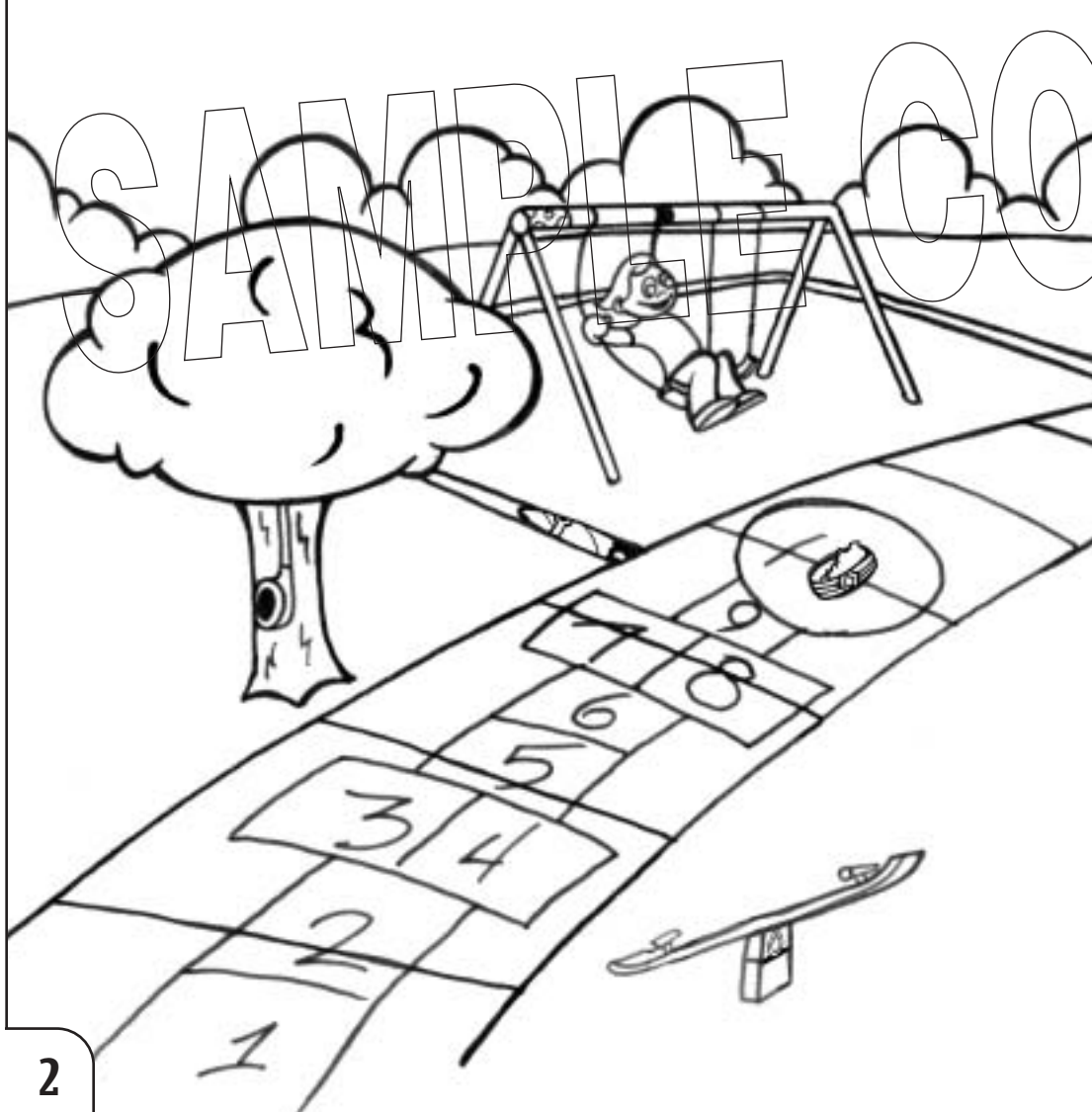
Cigar



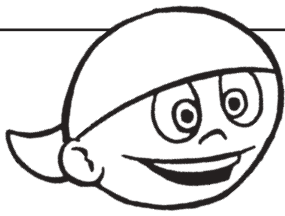
Cigarette



Spit Tobacco







# Don't Get Tricked.

Tobacco Companies make cigarettes and smokeless tobacco. They want to make money and do not care if people get sick from their tobacco products. They want kids to think tobacco is fun and cool. They try to trick kids by creating false messages about tobacco.

The Tobacco Companies are trying to trick the No-Puff Pals. They have placed tricky messages and signs throughout the No-Puff City.



Help the No-Puff Pals

find the tricky

messages and signs and

put an **X** over them.

The first one is done for you.

# Tobacco Harms A Person's Body!

Tobacco contains over 4,000 chemicals. Some of these same chemicals are used to clean toilets. Yuck! Would you want these chemicals in your body?

Tobacco harms people's bodies and makes them sick.  
The No-Puff Pals want you to know the dangers of tobacco.

Using the Secret Code, fill in the missing letters to learn a few of the harmful effects of tobacco.

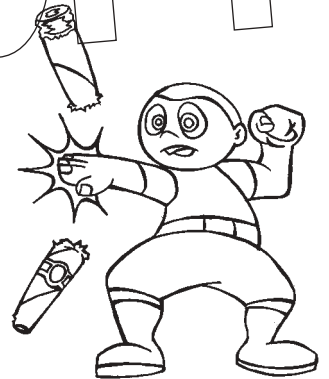
## Secret Code

A	C	E	H	N	T	R	S
							

## Harmful Effects of Cigarettes:

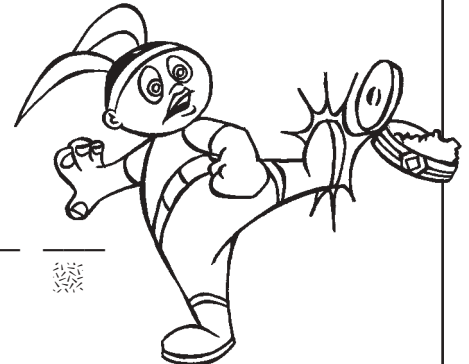


L U G M D I  
 COPY  
 M P Y M



## Harmful Effects of Smokeless Tobacco:

G U M D I  
 O L  
 O

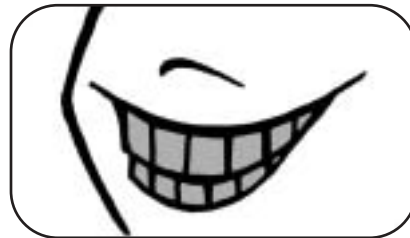


# Tobacco Causes a Person to Look and Smell Bad.

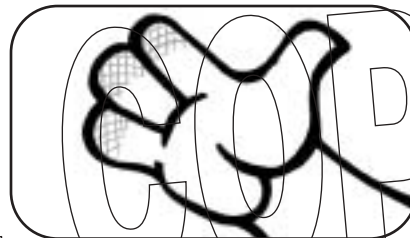
Tobacco does more than harm a person's health. It also causes a person to look and smell bad. Below are some descriptions of these effects.

*Draw a line from each effect to the matching picture.*

Bad Breath



Stained Teeth



Wrinkled Skin



Yellow Fingers



Stinky Clothes



# Save Your Money and Save Your Life. Don't Use Tobacco!

The Tobacco Companies want kids and grown-ups to spend their money on cigarettes and smokeless tobacco. When kids decide not to use tobacco, they stay healthy and strong and use their money to buy things they want.

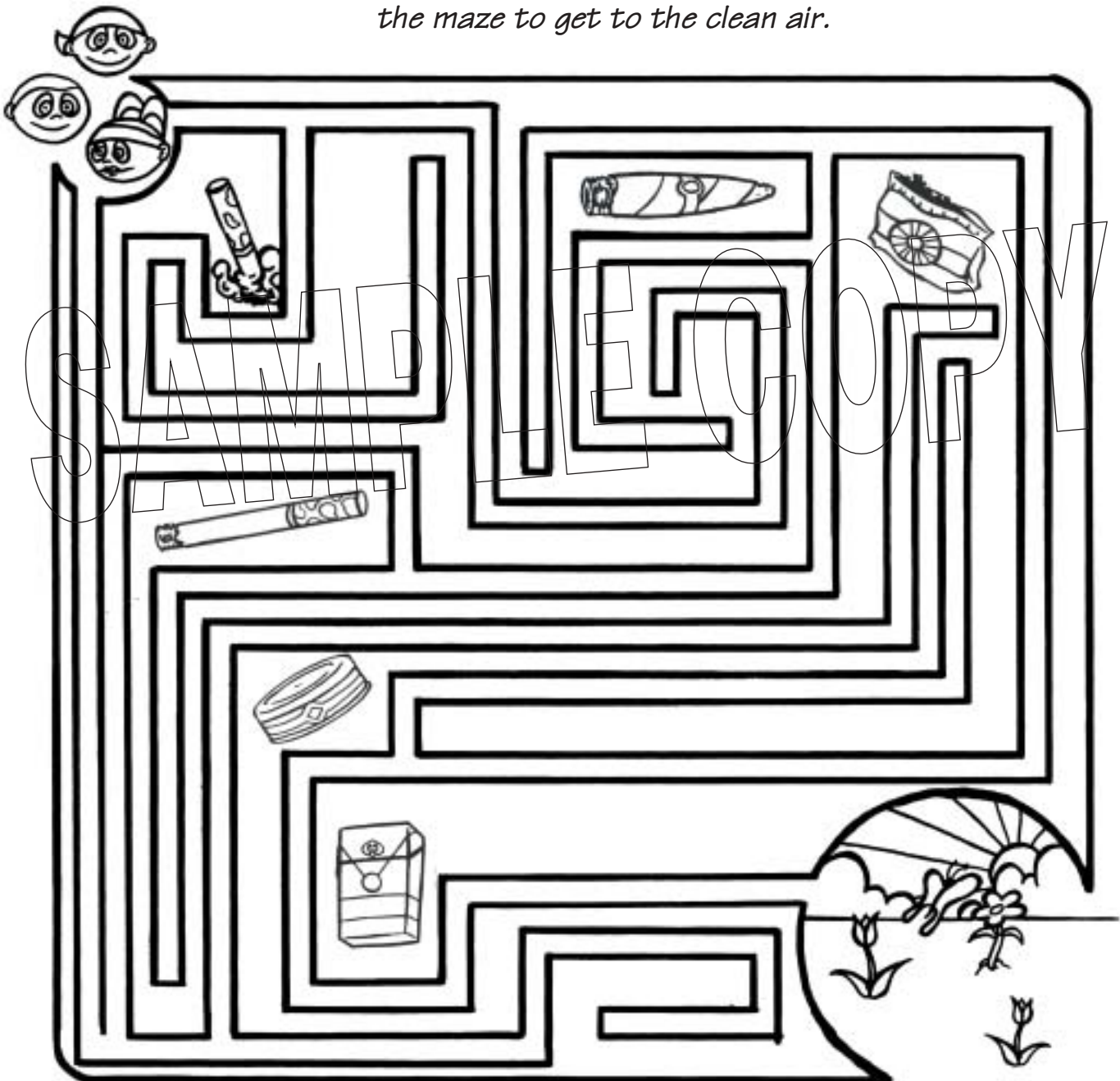
Here are some things the No-Puff Pals will buy with the money they save.



# Help Stop Air Pollution. Don't Smoke.

Cigarette Smoke pollutes the air we breathe. Cigarette smoke contains chemicals that harm people, animals and plants.

*Help the No-Puff Pals find their way through  
the maze to get to the clean air.*





# Don't Get Hooked on Tobacco.

Tobacco contains a chemical called **nicotine**. Nicotine tricks the brain into thinking it needs more and more nicotine—that's called **addiction**.

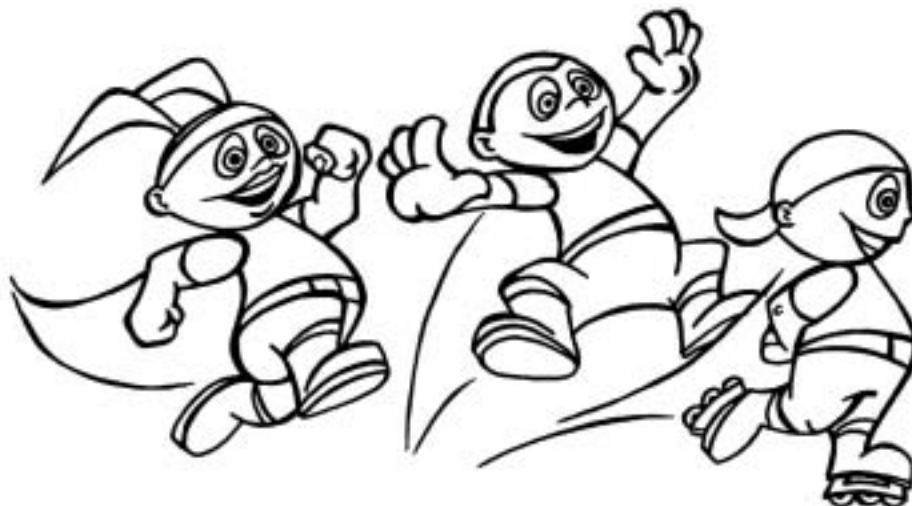
When a person gets addicted to nicotine, it's hard to quit.

The No-Puff Pals want you to find fun and healthy things to do instead of using tobacco.

*Find these fun things to do hidden in the word search puzzle. Look across and down.*

Run  
Play  
Skate  
Read  
Talk  
Sing  
Study  
Draw

D	M	C	S	I	N	G
C	H	I	K	E	D	R
G	D	R	A	W	P	L
R	C	U	T	A	L	K
U	O	M	E	Y	A	T
N	S	T	U	D	Y	O
L	B	X	R	E	A	D





# Spread the Word.

When kids know the dangers of tobacco, they won't be tricked by the Tobacco Companies. And when others say using tobacco is 'cool', they won't believe it.

*Circle the words that describe Tobacco. The first one is done for you.*

Dangerous

Smart

Healthy

Addictive

Deadly

Stinky

Fun

Poisonous

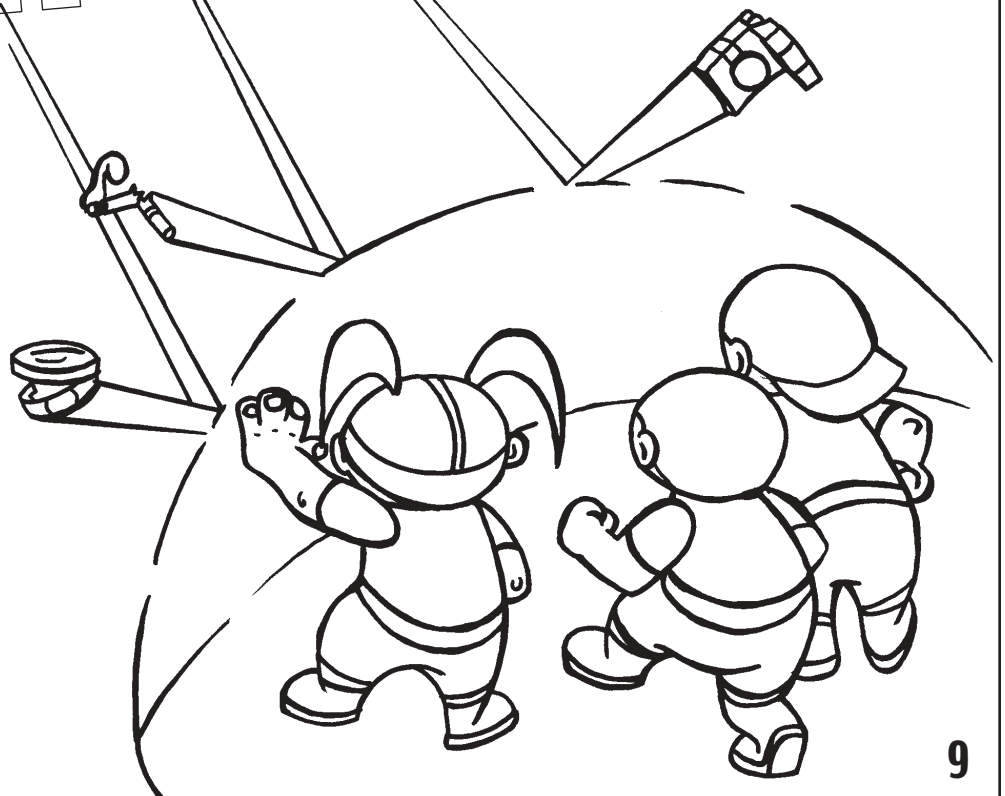
Harmful

Costly

Happy

Safe

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# Use Your No-Puff Power! Say 'NO' to Tobacco.

If someone offers you a cigarette or smokeless tobacco

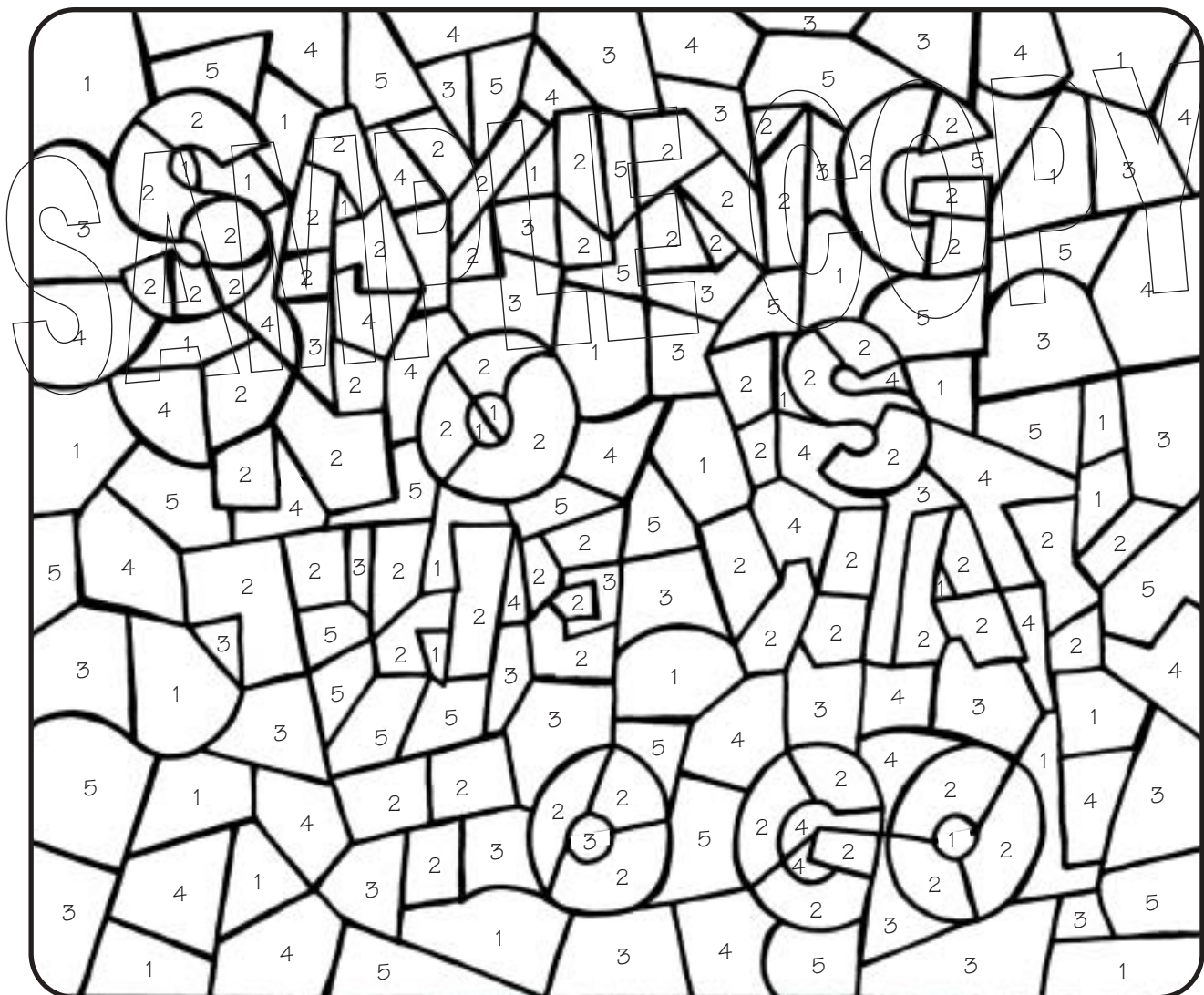
You know what to do

Use your No-Puff Power to Say 'NO'

You'll feel great about yourself!

*Color by number to find the No-Puff Pals' message about tobacco.*

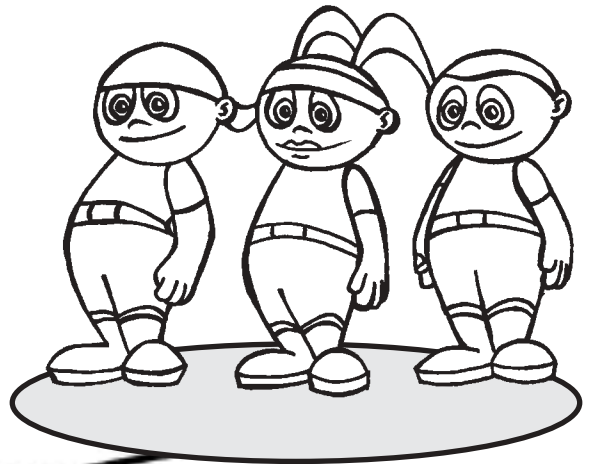
1 = Purple    2 = Red    3 = Green    4 = Blue    5 = Orange



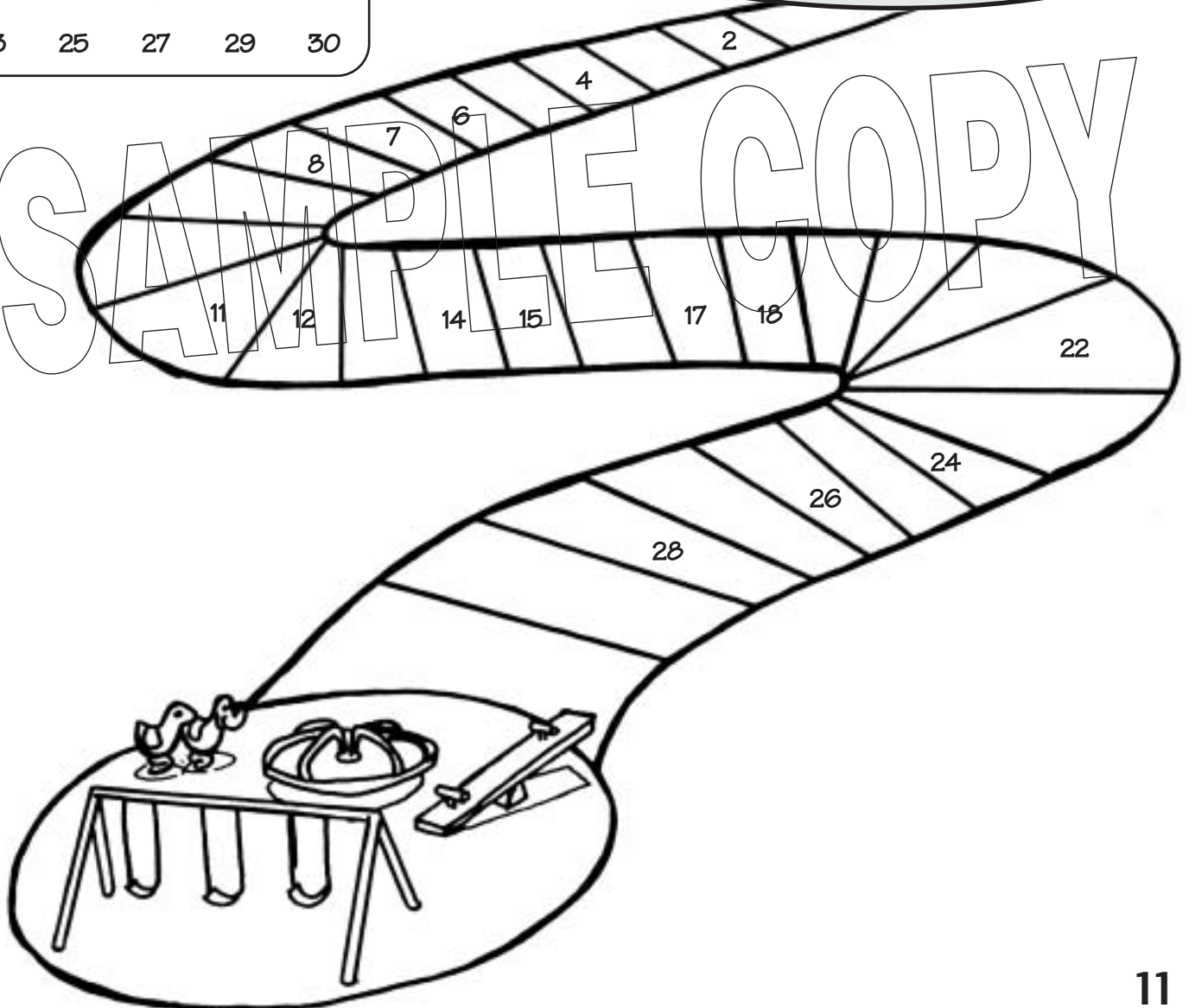
# Take the Right Path. Don't Use Tobacco.

When you decide not to use tobacco,  
you'll stay healthy. Then, you can play  
and have fun. Help the No-Puff Pals  
get to the No-Puff Playground.

*Fill in the missing numbers along the way.*



1	3	5	9	10
13	16	19	20	21
23	25	27	29	30



Be a No-Puff Pal

# THE NO-PUFF PALS

Certify that \_\_\_\_\_

Your name here

*promises to*

**SAV NO  
TO TOBACCO**



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