

# Being Me

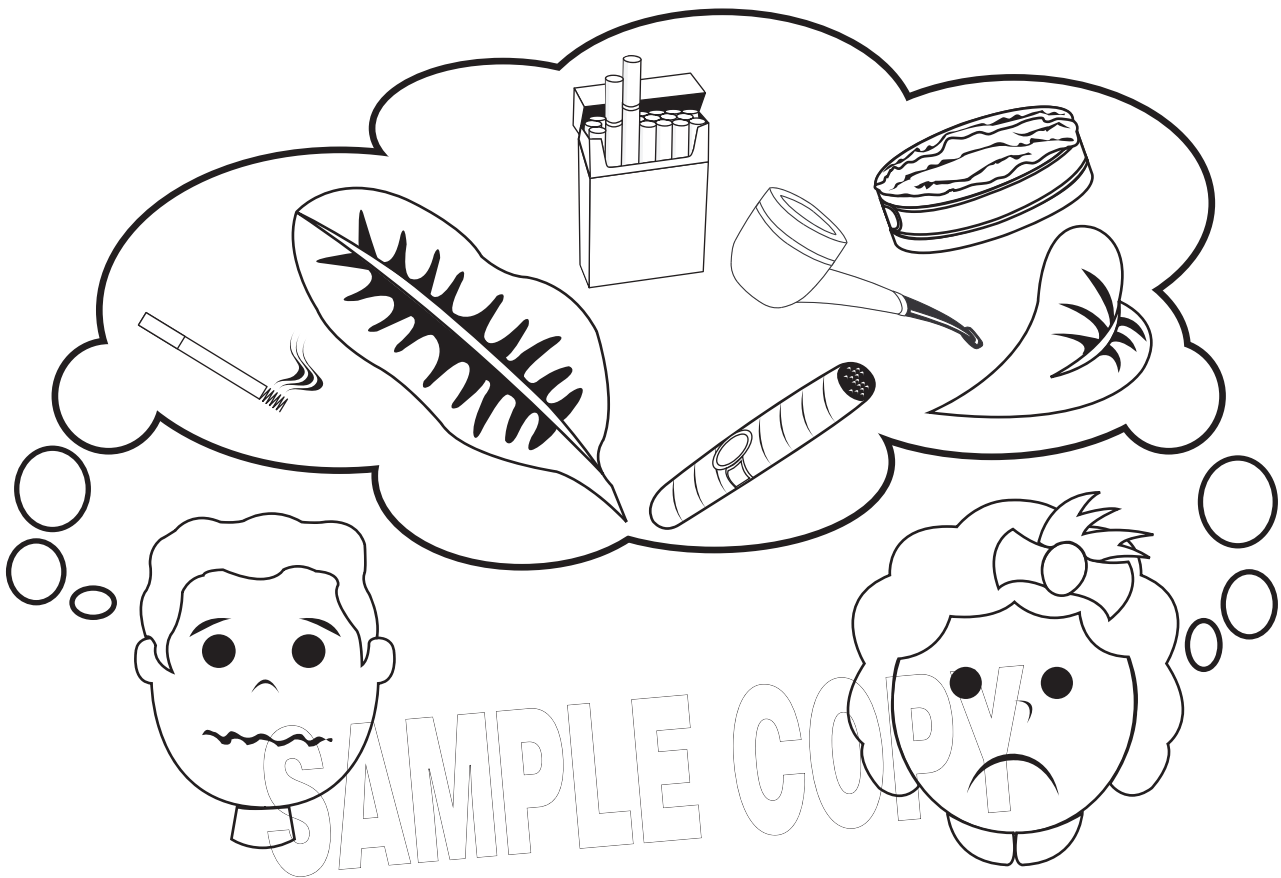
AND

# Tobacco - Free!

LEARNING and ACTIVITY BOOK



# Tobacco is a kind of plant.

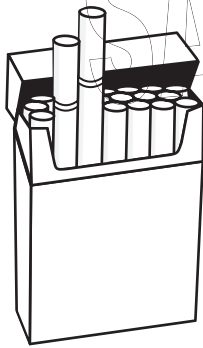


Using tobacco hurts your lungs and heart. Tobacco contains a drug called nicotine. Nicotine makes you feel like you want more and more tobacco. Using tobacco makes you want to keep using more, so you hurt yourself over and over.

# Activity 1.

Tobacco leaves can be rolled into cigarettes, or cigars. They can be smoked in pipes. The leaves can also be chewed. Any form of tobacco is bad for you.

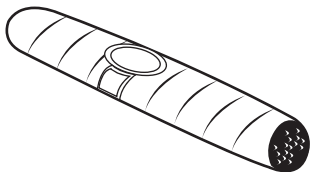
Draw an X over the types of tobacco.



**Cigarettes**



**Spit Tobacco**



**Cigar**



**Pipe**

# Tobacco

Your friends might tell you that

smoking is cool.



They

are wrong



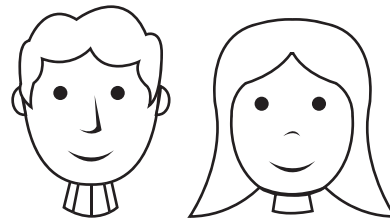
You have probably

seen grown-ups use tobacco.



They know it is bad for them, but

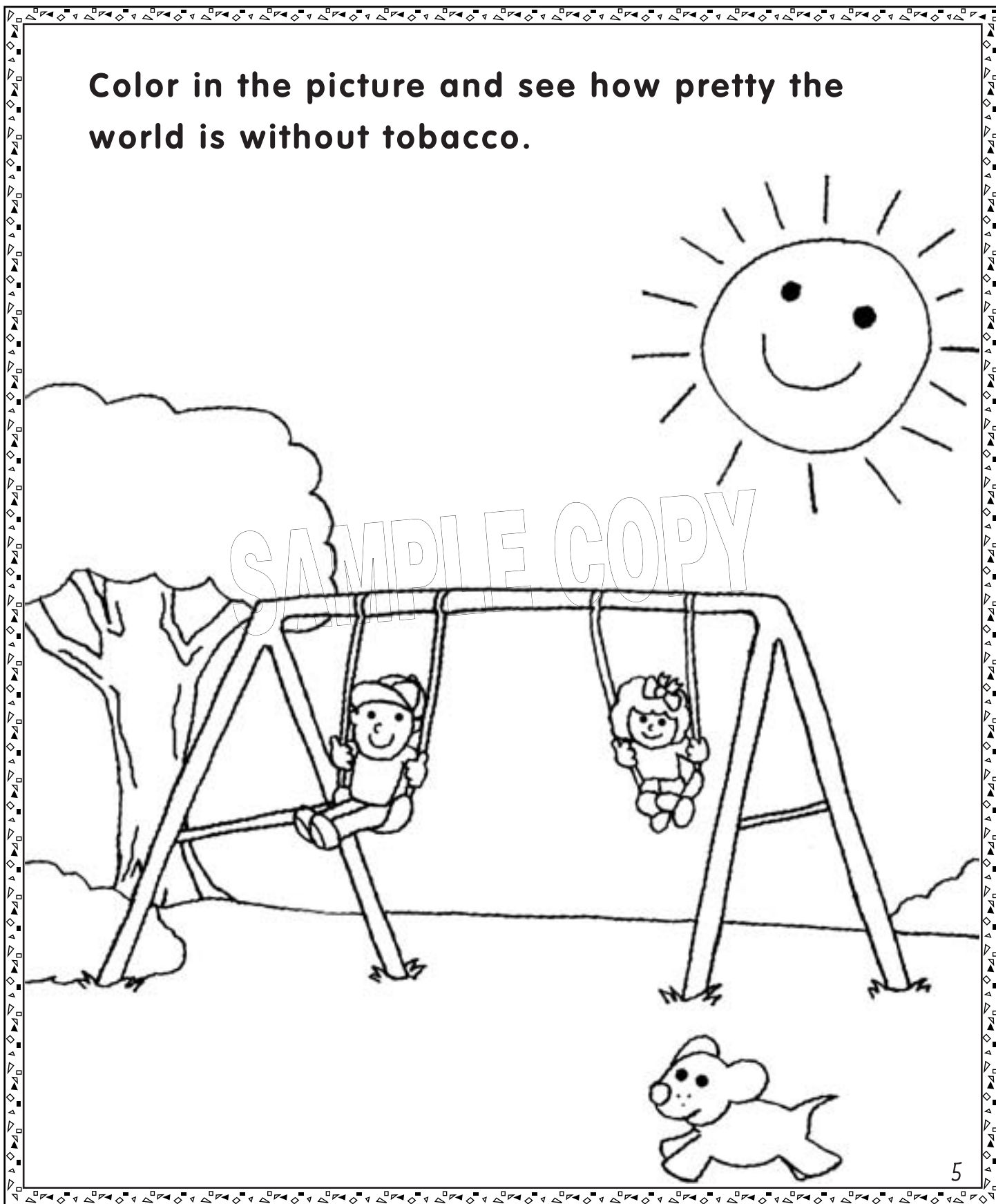
they cannot stop.



**It is better to never  
start using tobacco.**

# Activity 2.

Color in the picture and see how pretty the world is without tobacco.

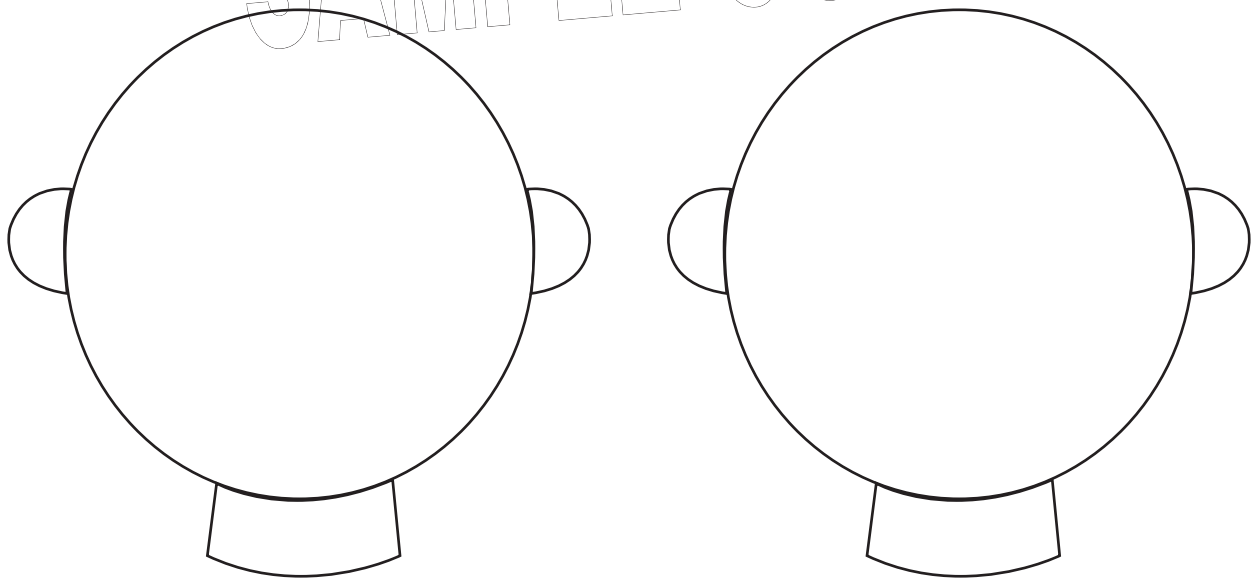


# Activity 3.

**Tobacco turns your teeth brown and yellow. It hurts your gums and jaw. It makes your breath smell bad.**

**Draw faces for these people showing what they would look like if they used tobacco.**

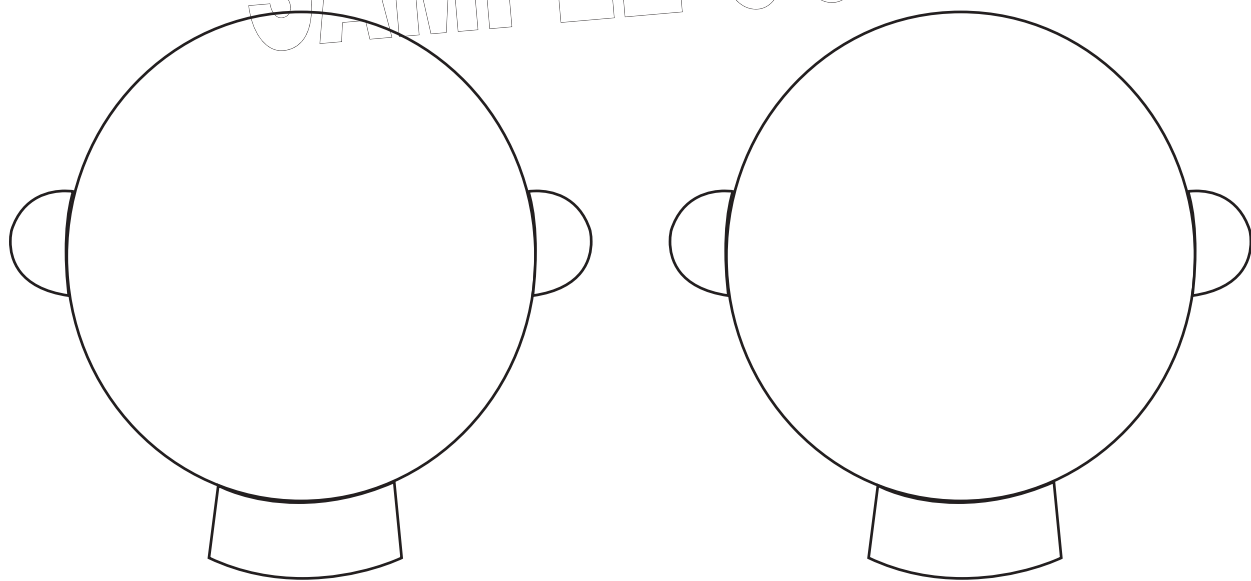
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**Saying No to tobacco is good for you. Be good to your body. Always eat healthy foods and get plenty of rest and exercise.**

**Draw happy faces for these people. They have healthy smiles because they do not use tobacco!**

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# Activity 4.

Lungs are the parts of the body that help you breathe. Breathing well is important for running and playing. Using tobacco makes it hard to breathe.

Draw a line from the sentence to the picture of fun ways to play.

- Ride a Bike



- Skate



- Jump Rope



- Play Ball

- Swim in a Pool

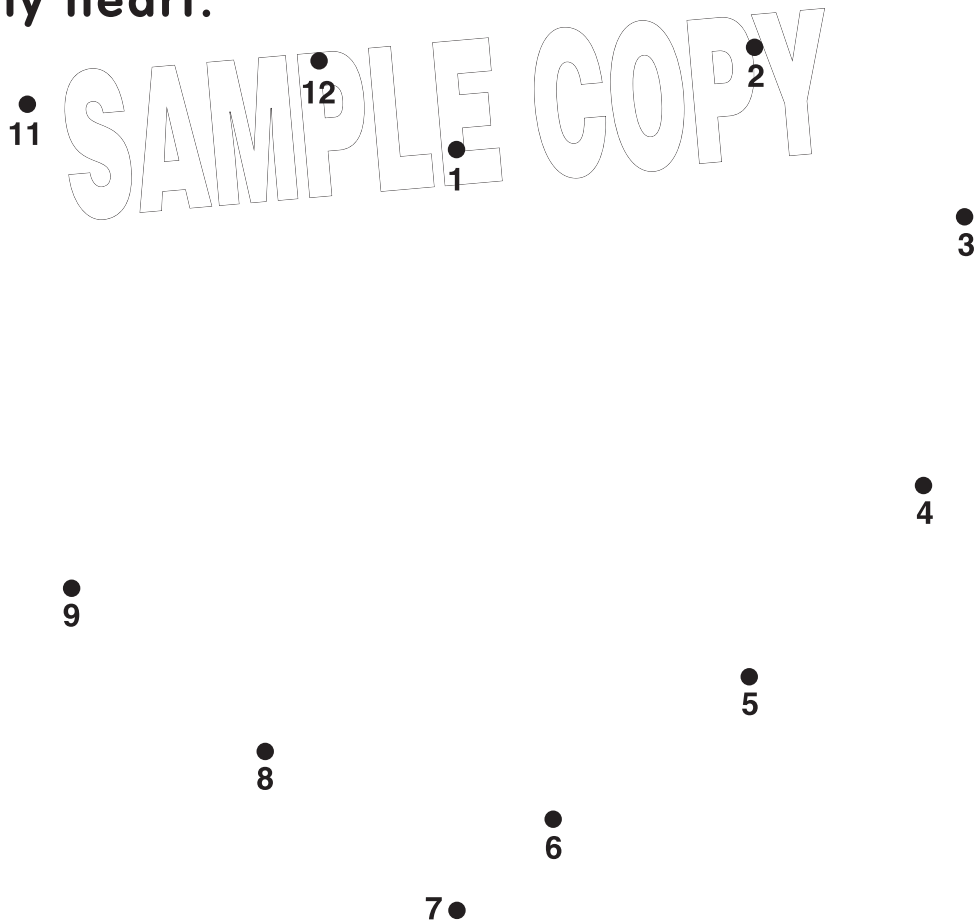




# Activity 5.

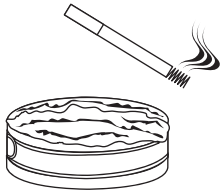
The heart makes sure that other body parts get enough blood to move and work and play. Using tobacco will make your heart work too hard and get sick.

Connect the dots and make a picture of a healthy heart.



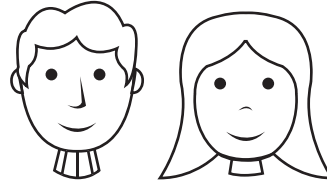
Now color it in!

# Tobacco



Using tobacco is not against

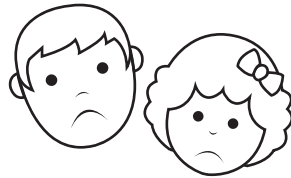
the law for adults.



But

tobacco companies try to tell kids it

is okay.



They want you

to smoke when you are old enough.

You may know older kids



who use tobacco. They may try to

get you to use tobacco with them.

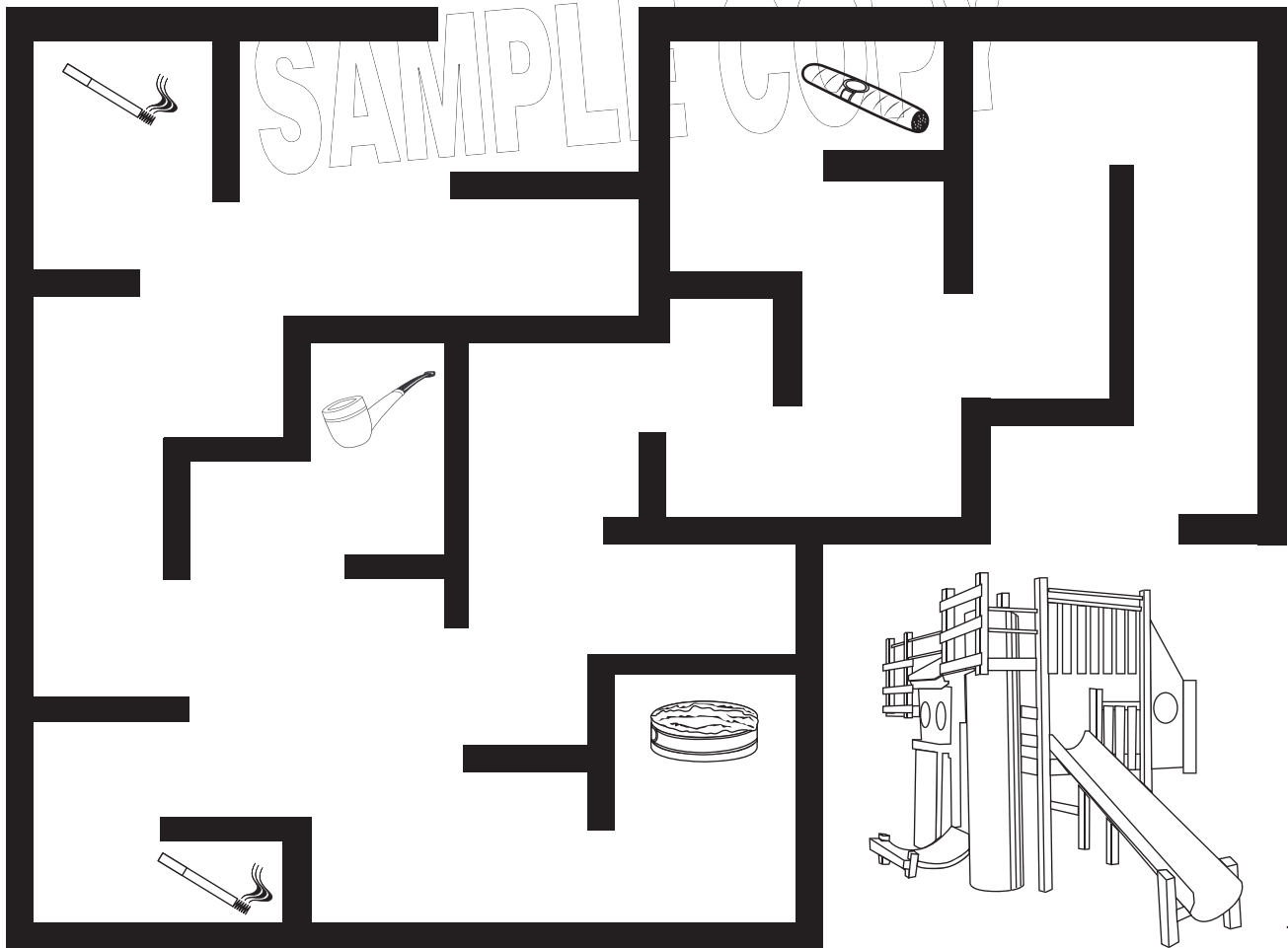
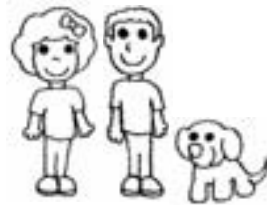
You should tell them:

**“No, Thank You”**

and stay away from them.

# Activity 6.

Lucy and Kevin want to take their dog, Spot, to the playground. Help them get there without running into any trouble with tobacco.





# Being Me and Tobacco-Free Pledge

I want to grow up to be healthy and strong. I know that tobacco is bad for my body, lungs, and heart. I know that trying tobacco will make me want to use it again and again. I know that using tobacco is not fun or cool. I promise to stay away from tobacco and all drugs that will hurt me.

Your Signature: \_\_\_\_\_



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