



Tobacco Facts

(Grades 3 - 5)

- People who make cigarettes want to fool you. They want you to think it is cool to smoke. You know better, don't you?
- If you don't smoke you will look better and smell better. You will have whiter teeth and fresher breath. Your hair, skin and clothes will smell a lot better because you won't have the old ashtray smell.
- When you stay away from tobacco your body is stronger. You can run faster, jump higher, play longer.
- Moms that don't smoke have healthier children. Their kids have stronger lungs and breathe better. Their babies don't get sick from the poison that smoke leaves on clothes, furniture, and even toys.
- There is no kind of tobacco that is good for you. Even if it comes in a pretty box or smells like fruit, it still has nicotine. Nicotine is a drug in tobacco that makes it hard for people to stop smoking.
- When you keep your pets away from smoke, you are protecting them from getting sick.

