



Tobacco Facts

(Grades 6 - 8)

- Smoking costs a lot of money. If someone used to smoke one pack a day and now they've stopped smoking, in one year they could save enough for a new computer or a trip to Disneyland.
 - You can be a better athlete if you do not smoke. People who don't smoke have stronger lungs and hearts and find it easier to play ball, jog, and skate, do gymnastics or even walk fast.
 - Students can protect themselves from secondhand smoke if they don't ride in a car with a smoker or if they leave the room if someone starts to smoke around them.
 - There is no safe tobacco. All of it can cause serious health risks, including bidis, hookahs, cigarettes that smell like candy & smokeless tobacco like "snuff".
 - Most high school students in Philadelphia do not smoke. They do not let smokers pressure them into getting addicted. They ignore the hype put out by tobacco companies. Nonsmokers choose to look better, smell better and be healthier by staying away from tobacco.
 - Pets living in homes with smokers are more likely to get cancer and other diseases. Smoke leaves a poisonous residue on everything in the house. Pets get sick because they lick it off and inhale the secondhand smoke.
 - When you decide not to smoke, you can protect your body from many health problems, such as shortness of breath, coughing spells, asthma & allergy problems, & bronchitis.
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