

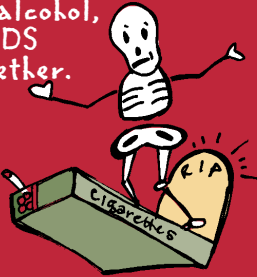
The Trouble

with
Tobacco

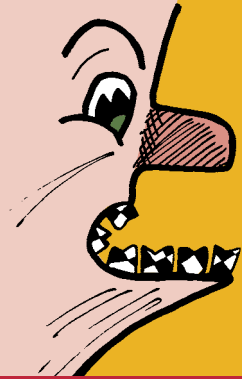


It's Definitely True

More people die each year from tobacco than from murder, suicide, drugs, alcohol, and AIDS all together.



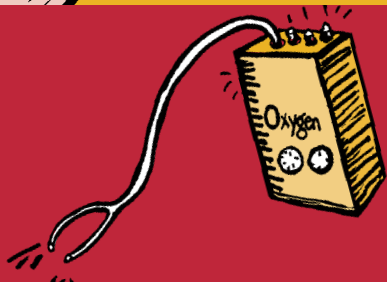
Smoking stains your teeth and makes them look like old linoleum.



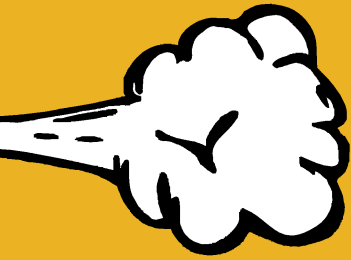
Smoking makes your hair, clothes, and breath smell like a dirty ashtray.



Smoking causes more than 90% of all emphysema.



85% of all lung cancer is caused by cigarette smoking.



Nicotine, the addictive substance in tobacco, is a natural bug killer.



Tobacco is more addictive than heroin.

Smoking causes colds to last longer.



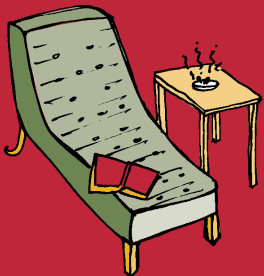
Smoking causes wounds like scrapes and stitches to heal more slowly.



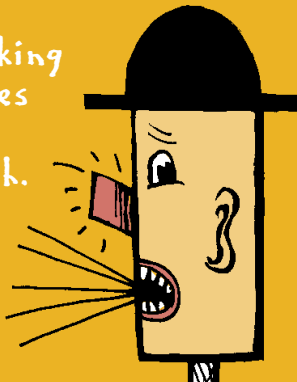
Smoking causes wrinkles and makes your skin look dull.



The carbon monoxide in smoke makes you tired.



Smoking makes you cough.

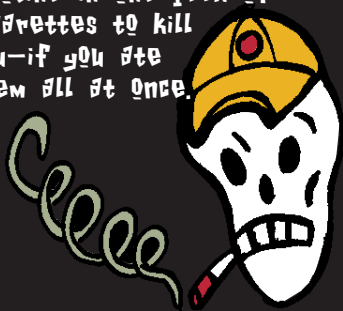


There is grit and sand in smokeless tobacco that wears the enamel from your teeth and causes tooth decay and tooth loss.

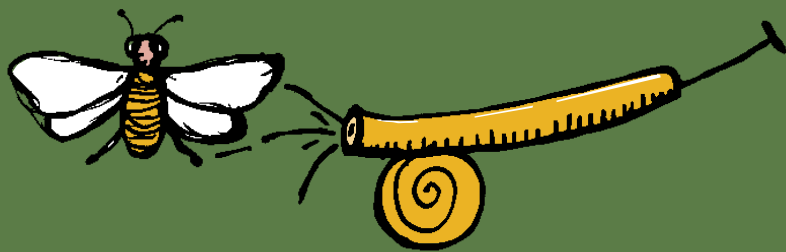


Smoking can give you a hairy tongue.

There is enough nicotine in one pack of cigarettes to kill you—if you ate them all at once.



Secondhand smoke causes ear infections, bronchitis, pneumonia—and aggravates asthma.



There is as much nicotine (bug killer) in one can of snuff as in 2-1/2 packs of cigarettes.

Did *You Know* that in **every** cigarette you will find over 4,000 chemicals? Read on.

Tar (sticky black stuff on roads)



Nicotine (bug killer)



Arsenic (poison)



Cyanide (in rat killer)

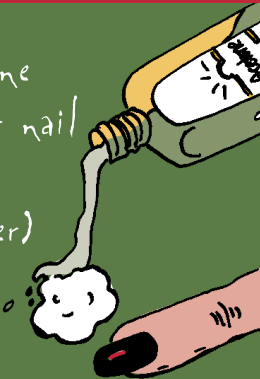
Cadmium (battery acid)



Formaldehyde (embalming fluid)



Acetone (finger nail polish remover)



Napthalene (moth balls)



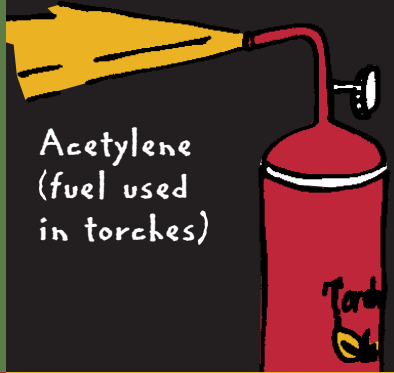
Acrolein (toxic acid)



Carbon monoxide
(car exhaust fumes)



Benzene
(used in motor fuel)



Acetylene
(fuel used
in torches)

Toluene
(industrial solvent)



Nitrobenzene
(gasoline additive)



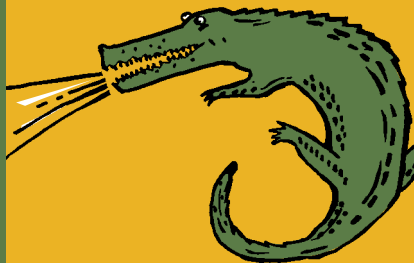
*Butane (used in
cigarette lighters)*



Phenols
(disinfectant)



Ammonia
(found in
household
cleaners)



Methane (swamp gas)

You

Do the Math

(1) If one can of snuff costs \$3.00 and Jason uses one can a day every day for a year, how much will he have spent on snuff at the end of one year?

How much will he have spent at the end of 2 years?

5 years?

(2) If it takes Sally 10 minutes to smoke one cigarette and she smokes one pack a day (20 cigarettes in a pack), how many minutes a day does she spend puffing?

How many hours in one day?

EXTRA CREDIT:

If Jason didn't spend his money on snuff and instead saved it, what could he buy at the end of the year?

Cool Or Uncool

Fill in the blanks with a C or UC- depending on which you think is correct.

- ___ being good at sports
- ___ ear infections
- ___ stinky breath
- ___ addiction
- ___ no extra money
- ___ loss of taste
- ___ cool clothes
- ___ your own phone
- ___ stained teeth
- ___ good friends
- ___ coughing
- ___ great stereo
- ___ wrinkles
- ___ Disney World
- ___ the beach
- ___ smelly clothes
- ___ stained fingers
- ___ bad skin
- ___ lots of mucus
- ___ the internet
- ___ a laptop
- ___ bronchitis
- ___ lots of colds

The next time you might think smoking is cool, think again.

You Rule

- * *Be a leader not a follower. You'll be loved, respected, and very cool.*
- * *Gently urge the people you care about to quit or never start.*
- * *Practice saying no—when the time comes to say no, you'll be prepared.*
- * *Know the facts.*
- * *Be an example for your younger brothers, sisters, and friends.*



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