

**SMOKING  
IS GROSS!**

Think about ...

# Smoking



**WILL POWER**

You have more than you think.

My Granda died of lung cancer. It was awful watching him die.

*"It was like kissing an ash tray"*



Don't  
start

IT MAKES YOUR  
HAIR, BREATH AND  
CLOTHES STINK.

Smoking is unattractive. It is expensive. Smoking gives you bad breath and wrinkles. It makes your clothes and hair smell, and it turns your teeth yellow. Smoking can leave you with a serious cough and less energy for sports and other enjoyable activities. It is illegal to buy cigarettes if you are under the age of 18!

# Think about ... Smoking



**If you smoke STOP - if you are not a smoker don't start.**

Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive. Most adult smokers started in their teens and never thought they would not be

able to stop. Smoking can lead to serious health problems like heart disease, mouth, tongue and lung cancer.

*Smokers inhale disgusting things with every puff!*



TAR

Used to pave streets and driveways.

HYDROGEN CYANIDE

Used to kill rats.

BENZENE

Used to make fuel.

ACETONE

It's in nail polish remover.



FORMALDEHYDE

Used in glues, fungicides and to preserve the dead!

AMMONIA

A cleaning agent.

CARBON MONOXIDE

A gas from the car exhaust.

NICOTINE

The drug responsible for addiction.

## **Check out the following Sources of Support**

NI Smokers Helpline 0800 858585

### **Useful Websites:**

[www.want2stop.info](http://www.want2stop.info) - information on smoking, how to stop and phone numbers of places that can help

[www.nidirect.gov.uk/smoking-and-giving-up](http://www.nidirect.gov.uk/smoking-and-giving-up) - information on smoking and giving up

[www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx](http://www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx) - lots of sections on tips to stop

[www.nosmokingday.org.uk](http://www.nosmokingday.org.uk) - information on no smoking day and a good 'help to quit' section

[www.thesite.org/drinkanddrugs/smoking](http://www.thesite.org/drinkanddrugs/smoking) - loads of information on impact of smoking and how to give up