

TRUTH ABOUT TOBACCO

REASONS NOT TO USE TOBACCO

1. I'm in charge.
2. Smokers' breath is gross.
3. Coughing isn't cool.
4. Over 90 percent of people with lung cancer die.
5. Cigarettes taste rotten.
6. People look stupid with smoke coming out of their noses.
7. Smokers' hair stinks.
8. Smoke would hurt my dog.
9. I would smell disgusting.
10. No one tells me what to do.
11. My friends don't smoke, why should I?
12. Even if my friends do smoke, I don't have to.
13. My friends like me the way I am.
14. Smoking kills 3 million people each year.
15. I don't want to be one of them.
16. There are over 4,000 chemicals in smoke.
17. 40 of them can cause cancer.
18. No way I'm putting tar and nicotine in this mouth.
19. I'm too smart to start!
20. Parties are more fun when you can breathe.
21. I wouldn't be able to run as fast.
22. I'm old enough to think for myself.
23. Cigarettes cost too much.
24. My friend has asthma.
25. Cleaning ashtrays isn't my idea of a good time.
26. Yellow teeth are ugly.
27. What if your teeth turned as black as your lungs?
28. I'd rather hike than hack.
29. It's like throwing money away.
30. I don't want a heart attack!
31. I know someone who had a stroke.
32. My parents smoke (and I worry about them).
33. 43 million smokers have quit!
34. Real smokers never look like the people in the ads.
35. It's a dirty habit.
36. Tobacco companies just want my money.
37. Once you start, it's hard to stop.
38. Smoke butts are litter and don't biodegrade.
39. Who wants to date a smoker?
40. Eight out of ten smokers say they would like to quit.
41. Who wants to kiss an ashtray?
42. My room would smell.
43. I don't like it when others smoke, so why should I start?

Put your own reasons here:

44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____

