

Why do you smoke?

- It relaxes me
- It comforts me when I'm sad
- It helps to concentrate
- it calms me when I'm angry
- it is an antidote to boredom
- it is pleasant to smoke
- It gives me personality
- it gives me courage
- It helps me to digest
- It makes me feel an adult

But ...

- It is extremely harmful to health
- I would have more energy if I did not smoke
- It damages the lungs
- It causes cancer
- Smoking costs money
- It leaves unpleasant smells
- It makes my teeth yellow
- It causes addiction
- It damages the blood circulation
- It causes infertility

How much does it cost?

10 cigarettes	1 cappuccino
11 cigarettes	1 sandwich
1 packet	1 ice cream
3 packets	1 cinema ticket
4 packets	1 pizza
5 packets	1 good book
8 packets	1 CD
10 packets	1 remote child adoption
16 packets	1 pair of jeans
20 packets	1 pair of trainers
30 packets	1 watch
40 packets	1 guitar
60 packets	1 stereo
100 packets	1 reflex camera
115 packets	1 fashion jacket
160 packets	1 bike
350 packets	1 trip to Eurodisney

BREAK IT !

Smoking is dangerous to your health, and the health of those around you.



Tobacco contains over 4000 chemicals including nicotine, which is highly addictive. Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general. So

Smoking is a slow-motion suicide!



If you don't smoke ...

You will flourish !



Teenagers, don't go up in smoke!

The bunch

Boys usually start smoking between 11 and 15 years, driven by the desire to feel adult and imitate their friends to be accepted and admired.

The independent

Girls believe they are more emancipated and anti-conformist if they smoke.



If you don't smoke

You are trendy

because you look fresh and you smell good

You are smart

because if you don't spend money with cigarettes, you can buy a cinema ticket, an ice cream or you can have a pizza with your girlfriend/boyfriend.

TOLUENE	Industrial solvent
CARBON MONOXIDE	Car exhaust
CADMIUM	Batteries
ARSENIC	Rice pinner
AMMONIA	Toilet cleaner
RADON	Radioactive gas
HEXAMINE	Barbecue lighter
METHANE	Sewer gas
TAR	Road surfaces
ACETONE	Nail varnish remover
NICOTINE	Pesticide
POLONIUM-210	Radioactive element
METHANOL	Rocket fuel
HYDROGEN CYANIDE	Poison
BUTANE	Lighter fuel

There are 60 known cancer-causing substances in tobacco.

THESE HARMFUL CHEMICALS INCLUDE:

Nicotine - a powerful, addictive and addictive drug which reaches your brain in seven seconds. It increases heart rate and raises blood pressure.

Carbon monoxide - a colorless, poisonous gas found in high concentrations in tobacco smoke. When you inhale it enters your bloodstream and interferes with the working of your heart and blood vessels.

Tar - a sticky brown substance that forms when tobacco cools and thickens. It collects in your lungs and can cause cancer.

