

# SMOKING... WHAT'S THE STORY?



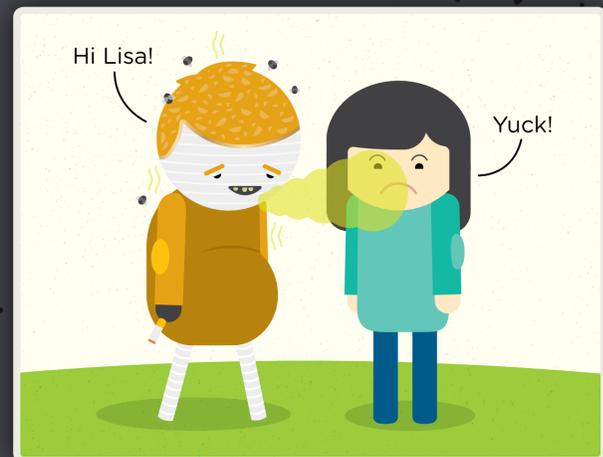
## A Lifelong Addiction

Nicotine in cigarettes is a very addictive drug. "I'll just try one" usually ends in addiction. 8 out of 10 adult smokers start before they are 18.



## A Waste of Money

Do you really want to see your cash go up in flames? Smoking is expensive. Wouldn't you rather buy clothes or makeup, a new computer game or a better phone?



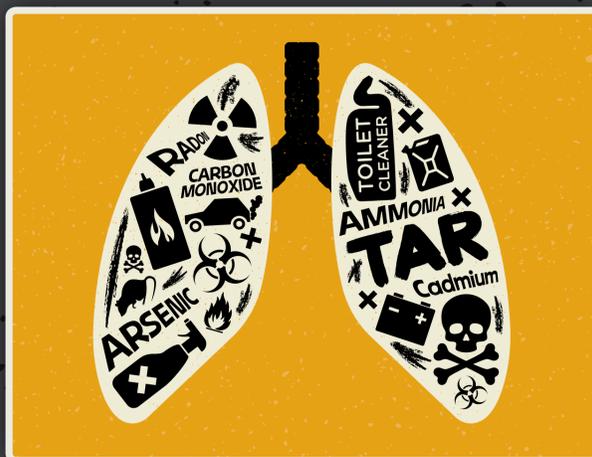
## Ashtray Breath

Smoking gives you bad breath and makes your hair and clothes stink...yuck! Over time it causes yellow teeth and nails and grey, wrinkled skin.



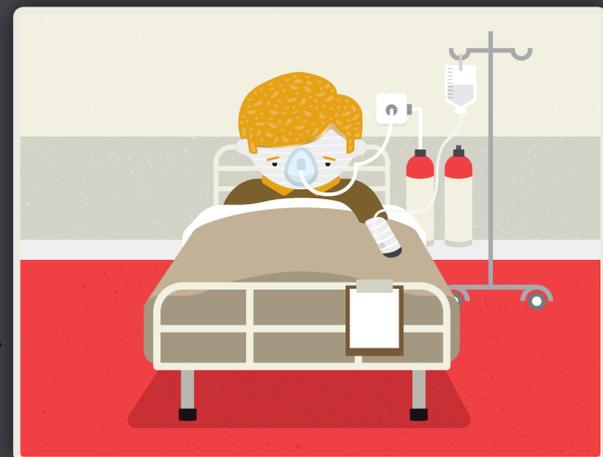
## Failing Fitness

Smoking is bad news for your fitness. It reduces the oxygen to your muscles and forces your heart to work harder, so you get out of breath more easily. Teens who smoke have smaller, weaker lungs.



## Disgusting Chemicals

Did you know that a smoker breathes in 7000 nasty chemicals with every puff, including 69 chemicals that cause cancer?



## Illness and Death

Smoking means a lifetime of health issues like coughs, colds, low energy, headaches and circulation problems. Half of smokers will die because of their addiction.

## Not sure how to say no?

It can be hard to say 'no' if your friends are smoking. Stay strong - Your friends will accept your decision if they know you mean it.

Talk to someone you trust if you're feeling under pressure.



## Second-hand smoke

Breathing in other people's smoke increases your risk of chest infections, asthma, cancer and heart disease. Ask people not to smoke around you, at home or in the places you hang out.

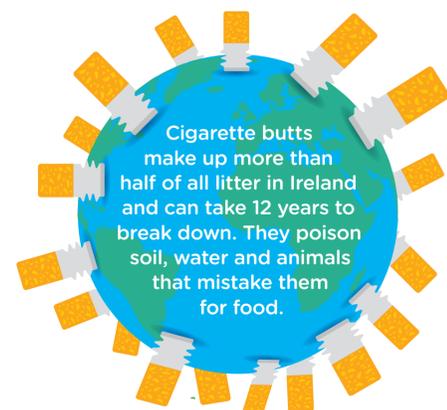


## Not so cool in reality...



You know the truth about smoking, but tobacco companies want to trick you into thinking it's cool. Don't let yourself be brainwashed by smoking in movies and the media.

## Poor planet Earth



Cigarette butts make up more than half of all litter in Ireland and can take 12 years to break down. They poison soil, water and animals that mistake them for food.