SMOKEY YUCKPAK!

THE ADVENTURES OF
BOING & SPR*CKETTE
WITH

WRITTEN & CREATED BY
MICHELLE BAIN

CENTENE Corporation
PRE-TEST

Take the pre-test with Darby Boinggs! Answer the questions true or false.

1. Smoking only hurts smokers.
   - True  - False

2. Cigarettes contain many chemicals.
   - True  - False

3. Smoking is a good way to clean your teeth and breath.
   - True  - False

4. It costs a lot of money to smoke.
   - True  - False

5. Once you start smoking, you can never quit.
   - True  - False

We’ll find the answers at the end of our adventure!

DISCLAIMER. This book provides general information about smoking and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional, or medical concerns.
I'm Smokey Yuckpak. Don't you think smoking makes you look cool? Here, have one on me... cuz smoking is good for you. It's got "special" stuff in it. It makes you run faster, and makes your teeth a bright yellow like mine.

I don't want my teeth to turn bright yellow!

Hi there, I'm Darby Boing. I'm Smokey Yuckpak. Don't you think smoking makes you look cool?

What?

I MEAN, LOOK AT ME...

Darby Boings was never one to be rude or mean, but Smokey smelled a bit funky!

I AM IN PERFECT HEALTH AND I SMOKE ALL DAY LONG....

Pardon me, buddy, but your breath smells like an ashtray full of old cigarettes! It's a bit funky!

Darby got a close up view of Smokey's tooth decay, yellow teeth and stains on his fingers from smoking. Ugh!

Smokey seemed nice enough on the outside, but on the inside he was quite a puffy character!

The Boings Bouncers, who like to be healthy, told their new friend Smokey...

I know apples are good for you but I know cigarettes aren't.

I know cigarettes burn and have bad chemicals in them. That's not "special."

I don't think smoking makes you run faster.

I don't want my teeth to turn bright yellow!

What?

Dr. Von Wheezles wanted to be polite to Smokey Yuckpak, but he knew cigarettes are bad for you.

I mean, look at me...

Smokey, I have to correct you on the stuff you are saying about smoking...

I don't think smoking makes you run faster.

Really?

Smokey, I have to correct you on the stuff you are saying about smoking...

Do you really know what's in a cigarette?

Smokey pretended!

Formaldehyde stuff they use on dead bodies

Nicotine a chemical that makes your body want more cigarettes

Acetone stuff in nail polish remover

Hydrazine stuff in airplane fuel

Cyanide also used in poison for rats

Carbon monoxide stuff that comes out of car tailpipes

Tar they use that on roads

Lead stuff used in paint

Ammonia stuff that's in house cleaners

Wow, all of that is really in a cigarette?
In a year’s time, the average smoker will put a cup of tar into his or her lungs.

**DO YOU KNOW WHAT SMOKING DOES TO YOU?**

- **Smoking causes breathing problems and is bad for your lungs.**
- **Smoking hurts your heart and brain.**
- **Smoking can cause cancer!**
- **Smoking can cause cancer of the mouth, tooth decay, gum disease, and really yucky yellow teeth!**
- **Smoking can cause vision loss and hearing loss.**
- **Tar belongs on roads, not in your lungs!**
- **Yuck!**

**Sick!**

- **Gross!**
- **Eww!**
- **I didn’t know all this.**

**Say “Nope” to Smoke**

- “Nope, I don’t want to smell like smoke!”
- “Nope, I want to fill my lungs with clean air.”
- “Nope, I don’t think smoking is for me.”
- “Nope, I don’t think my parents would like that.”
- “Nope, I don’t think my coach would like it.”

**Darby Boings told the Boings Bouncers and Smokey some other yucky things about smoking.**

- **It doesn’t make “cents” to smoke! Cigarettes cost a lot!**
- **Smoking causes fires.**
- **Cigarette butts create more trash and cause harmful pollution.**
- **Secondhand smoke can cause cancer in non-smokers.**
- **These are all true!**
- **Wow!**
- **Smoking is bad!**
- **Seriously?**

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- **If a friend offers one, be strong and say nope to smoke!**

**Smokey**

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Smokey had heard enough and he was glad the Boings Bouncers had said "nope" to smoking cigarettes.

I've smoked my whole life but today is a perfect day to quit.

That's super cool, Smokey!

Only thing is I may have to change my name.

To what?

Smokey thought for a minute because he knew his new name had to be special...

Well, I was thinking Manny thanks, and go by M.T.

Hey guys, let's give a group hi-five to our new smoke-free friend, M.T. Yuckpak (or empty Yuckpak, that is)!

Hooray! Yeah!

Well, many welcomes to you, we want you to be happy and healthy!

They all cheered everyone's decision to say nope to smoke!

Things you can’t do while smoking

Smoking ruins taste buds and makes everything taste bad!

If someone offers you a cigarette, just skip it!

Smoking can damage your voice and leave you flat!

Breathe in clean air, not re-cycled smoke!

You can’t reach the peak with a pack of smokes!
Welcome to Claytown
Where character is molded and shaped daily!

Be happy and healthy!

Claytown School
Claytown Sports center
Sprockettes & Springs
Cup Cakery
Post Office
The Bouncy Hare

POUCHES 'R US
Sprockettes & Springs
Cup Cakery
Post Office
The Bouncy Hare

Smokey yuckpak's puffwagon!
Get your smokes here!

8

9
Connect the dots... then color the characters!

Just say “Nope” to smoke!

Yep, me too! I am an empty Yuckpak now! No more smokes for me!

Just think of all the healthy things these two can do instead of smoking!

Running, playing, spending time with family, playing an instrument and reading one of my books!

Help Kit Sprockette find M.T. Yuckpak at the end of the maze.

Come on down, Kit! We are smoke-free around these parts!
Find 10 differences between the pictures and circle them!

Pretend!

Find 10 differences between the pictures and circle them!

Circle all of the bad things that smoking cigarettes can do!

- Stinky clothes
- Fresh breath
- Yellow teeth
- Vision loss
- Pollution
- Tooth decay
- Hearing loss
- Make you rich
- Breathing problems
- Run faster
- Cancer of the mouth
- Gum disease
- Hurt your heart
- Tooth decay
- Stinky clothes
- Yellow teeth
- Vision loss
- Hearing loss
- Make you rich
- Breathing problems
- Run faster
- Cancer of the mouth
- Gum disease
- Hurt your heart
I CARE ABOUT YOU.
I care about your heart, your lungs, your voice and even your teeth.
Smoking is bad for you and all those parts that make up you.
Please don’t smoke.
KICK THE SMOKING HABIT AND GO FOR A WALK.
LIVE LONGER AND HAVE MORE TIME TO ENJOY LIFE!
WHY?
BECAUSE I CARE ABOUT YOU.
Pledge to say “nope” to smoke.

I’ll stay smoke-free and breathe in clearly,
I’ll value my health and my well-being dearly.

If offered a cigarette, I’ll just say nope,
I’d rather ride bikes or play sports or jump rope!

There isn’t one good thing that comes out of smoking, just coughing and gagging and stinking and choking.

So here I do pledge to stay smoke-free forever, and never start smoking, not ever, nope, never!

I took the smoke-free pledge.

Darby BoIngg

POST-TEST

Take the post-test with Darby BoIngg! Answer the questions, true or false.

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3. Smoking is a good way to clean your teeth and breath.
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4. It costs a lot of money to smoke.
   - True
   - False

5. Once you start smoking, you can never quit.
   - True
   - False

Flip over to see the answers!
CONGRATULATIONS, FRIENDS!

YOU’VE LEARNED ABOUT THE DANGERS OF SMOKING AND KNOW HOW TO SAY NOPE TO SMOKE!

REMEMBER YOUR PLEDGE AND STAY HEALTHY AND SMOKE-FREE. LIVE LONGER, HEALTHIER, CLEANER AND LIVELIER BY STAYING AWAY FROM CIGARETTES.

YOUR FRIENDS,
DARBY BOINGS &
M.T. YUCKPACK
(PREVIOUSLY SMOKEY YUCKPAK)

DON’T START TO SMOKE! EVER!

SAY NOPE TO SMOKE!

IT IS REALLY UNHEALTHY!

IT MAKES YOU SMELL YUCKY!

PLAY SPORTS INSTEAD OF SMOKING!

SMOKING IS BAD FOR YOUR BODY!

SMOKING ISN’T COOL!

KEEP THE PLANET HEALTHY! THIS BOOK WAS PRINTED ON RECYCLED PAPER.

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