PRE-TEST

Take the pre-test with Darby Bolngg! 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 health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional, or medical concerns.
Smokey seemed nice enough on the outside, but on the inside he was quite a puffy character!

Hi there, I'm Darby Bolngg.

I'm Smokey Yuckpak. Don't you think smoking makes you look cool?

What?

And it makes you smell good.

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.

What?

I mean, look at me...

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!

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

I don't think smoking makes you run faster.

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

Really?

The Bolngg 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.

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 on roads

Lead stuff used in paint

Ammonia stuff that's in house cleaners

Wow, all of that is really in a cigarette?

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

Oh, by the way...
Dr. Von Wheezies lifted the “cloud of smoke” to educate the group with “no filter.”

Smoking causes breathing problems and is bad for your lungs.

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 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 causes vision loss and hearing loss.

Yuck! Tar belongs on roads not in your lungs!

Well, empty my ashtray! I didn’t know all that bad stuff! I thought smoking made me look cool and smell good!

Say “NOPE” to smoke

“Sure, I want to smell like smoke!”

“Sure, I want to fill my lungs with clean air.”

“Sure, I don’t think smoking is for me.”

“Sure, I don’t think my parents would like that.”

“Sure, I don’t think my coach would like it.”

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

It doesn’t make “cents” to smoke! Cigarettes cost a lot!

Secondhand smoke can cause cancer in non-smokers.

These are all true!

Wow!

Smoking is bad!

Seriously?

Cigarette butts create more trash and cause harmful pollution.

Cigarette smoke stinks up your clothes, your car, your home and you!

Sick!

Gross!

Eww!

I didn’t know all this.

Well, now that you know, you can put the cigarette down and do healthy things instead.
Smokey had heard enough and he was glad the Bolngg 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. Yuck-Pak (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!
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.

M.T. Yuckpak... Where are ya?

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

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

- stinky clothes
- pollution
- run faster
- cancer of the mouth
- tooth decay
- fresh breath
- yellow teeth
- hearing loss
- make you rich
- breathing problems
- hurt your heart
- vision loss
- gum disease
Say the name of each picture. Write each word on the line. Then circle the words hidden in the puzzle.

**Cigarettes**

**Smoke**

**Lungs**

**Nicotine**

---

**WHO CAN YOU HELP QUIT SMOKING?**

Do you know someone who smokes?

You can help them quit smoking! Tell them how bad smoking is for them.

Maybe it’s a parent, an aunt or uncle, an older brother or sister.

Or cut out this helpful form and give it to them.

---

**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 you up. 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!

Darby.BoIngg  X Sign  __________

POST-TEST

Take the post-test with Darby BoIngg! 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

flip over to see the answers!

(1) False  (2) True  (3) False  (4) True  (5) False

© 2012 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States and international copyright law. No part of this publication may be reproduced, distributed, displayed, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice.
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 Bolngg &
M.T. Yuckpak
(previously Smokey Yuckpak)

Say NOPE TO SMOKE!
It is really unhealthy!
Smoking is bad for your body!
It makes you smell yucky!
Play sports instead of smoking!

Don’t start to smoke! EVER!
Smoking isn’t cool!