Dear Proud Parent/Guardian,

Darby Bolngg here with a handy little book to teach your kids about smoking. In this story, we help teach the dangers of this nasty and harmful habit. Smoking is a serious subject and educating your kids about the truth is real important. We’ll clear the air so you don’t choke when it comes time to discuss the matter with your terrific kids!

Darby Bolngg

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.
Darby Bolngg’s friends offer sound advice on the truth about smoking.

Smoking is bad for many parts of your body!

Cigarettes burn and have bad chemicals in them.

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

Smoking doesn’t help you run or play sports better.

Smoking makes your teeth yellow and gives you funky breath! Ewww.

You don’t have to be a doctor to teach your children the harmful things cigarettes can do to people.

SMOKING CAN...

Increase the chance for a heart attack
Increase the chance for a stroke
Increase the chance for lung cancer
Raise your blood pressure
Make it difficult to breathe
Increase anxiety
Make you more tired when walking or exercising
Stain your teeth, fingers, clothing
Make you cough and give you a sore throat
Cause tooth decay
Decrease your appetite and senses of smell and taste
Cost you lots of money
Cause premature wrinkling

Oh dear! I’m going to need a bigger blackboard!
Cigarettes contain more than 4,000 chemicals, many of them harmful and cancer-causing.

**Formaldehyde**
Stuff they use on dead bodies

**Acetone**
Stuff in nail polish remover

**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?

**Nicotine**
A chemical that makes your body want more cigarettes

**Hydrazine**
Stuff in airplane fuel

**Cyanide**
Also used in poison for rats

It’s important for kids to know the dangers of smoking and what it can do to your body.

Dr. Von Wheezles 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 can cause vision loss and hearing loss.

Yuck!

Tar belongs on roads, not in your lungs!

Yes, and these too...

Benzene (a known carcinogen)
Arsenic (a rat poison)
Butane (cigarette lighter fluid)
Sulfuric Acid (found in car batteries)
Methoprene (a pesticide)
Caffeine (a stimulant)
Urea (found in the urine of mammals)

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!

I didn’t know all this!

Eww!

Thanks for setting me straight!

Sick!

Gross!
Talk to younger kids about the risk of death from cigarette smoking. It could be informative for them to know what diseases the habit can cause.

- Chronic bronchitis (inflammation of the breathing tubes in the lungs)
- Laryngitis (inflammation of the throat)
- Emphysema (a degenerative lung disease that destroys the ability to breathe)
- Cancer of the lungs, mouth and esophagus.
- Heart disease (heart attack)

Smoking can lead to a pack of trouble! If you’ve never smoked, don’t start!

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

Well, now that you know, you can put the cigarette down and do healthy things instead.

Teaching kids the difference between harmful habits and healthy habits should be a no-brainer! Take a look at this list and add your own entries.

<table>
<thead>
<tr>
<th>HARMFUL HABITS</th>
<th>HEALTHY HABITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>Exercising</td>
</tr>
<tr>
<td>Eating junk food</td>
<td>Eating fruits &amp; veggies</td>
</tr>
<tr>
<td>Watching too much TV</td>
<td>Brushing teeth regularly</td>
</tr>
<tr>
<td>Not getting enough sleep</td>
<td>Getting plenty of rest</td>
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</tbody>
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**Say “Nope” to Smoke**

If a friend offers one, be strong and 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.”

Teach your children the idea that smoking can affect their ability to perform some activities to the best of their ability.

**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!

You can’t reach the peak with a pack of smokes!

Discuss with your kids other activities made more difficult by smoking, such as:

- Running
- Playing sports

- Swimming
- Exercising

Encourage your kids to come up with their own catchy phrases and posters to help spread the truth about the dangers of smoking.

Chimneys are supposed to smoke, not people!

Give your lungs and heart a breather and you will smell MUCH cleaner!

Pack your backpack instead of buying a “Yuckpak!”

Say NOPE to SMOKE!
Here are some guidelines to help prevent kids from smoking and using tobacco.

- Keep talking to your kids about smoking and its dangers. Even young children can understand that smoking is bad and can hurt their bodies.

- Be patient and listen as your kids talk to you about smoking. Hear what appeals to them about smoking and what they find unappealing.

- Let them know it’s okay to walk away from friends who smoke and don’t respect their choice not to smoke.

- Encourage them to play sports and participate in activities that don’t allow smoking.

- Keep the discussion positive. Stress the right things to do rather than the wrong. Reinforce their self-confidence, as it’s often the best weapon against peer pressure.

- Set rules in your home: no smoking, no chewing tobacco. Tell your kids that smokers smell bad, look sick, feel ill and miss out on doing fun stuff. Smoking is bad for everyone’s health.

When it comes to talking to your kids about smoking, don’t choke!

THINK ABOUT THIS:

Kids who use tobacco are more likely to...

- Cough a lot, develop asthma and other respiratory problems.
- Have trouble with athletic performance, as smoking affects lung capacity and endurance.
- Have yellowed teeth and bad breath, a by-product of tobacco.
- Smell bad! Cigarette smoke sticks to clothing, as the strong smell of stale smoke lingers for a long time.
- Try other drugs such as alcohol, marijuana and cocaine.
- Become addicted to tobacco and have a difficult time quitting.
SMOKING BY THE NUMBERS

34,000,000
Dollars spent each day on advertising by the cigarette industry

443,000
Deaths per year from tobacco use

5,000
Average cost in dollars spent in a year by a single smoker

4,000+
Number of different chemicals in cigarettes

3,450
Number of young people between 12 and 17 years of age each day, who smoke their first cigarette

70
Percentage of smokers who want to completely quit

50+
Number of known carcinogens in cigarettes

33
Percentage of all cancers caused by tobacco use

2.1
Percentage of adults who are smokers

13-14
Number of years on average that smokers die earlier than nonsmokers

1
Number of asthmatic 15-year-old Japanese boys needed to convince the city council in Shizuoka City, Japan, to ban smoking in public

Sources:
cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm
http://www.lung.org/stop-smoking/smoking-facts/

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Take the pledge to say NOPE to SMOKE with your kids!

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 Bolngg

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