If you Smoke or Use Nicotine Products...



your health is at risk.

Using Tobacco and Nicotine is harmful to your health.

How to say WNO

- Walk away
- Add some humor
- Reverse the pressure
- Suggest something else
- Talk about the consequences
- Give them a reason or explain why you said "no"

Your friends should not make your decisions - you should.



Be Nicotine Free

rightdecisionsrightnow.com