

If you Smoke or Use Nicotine...



your health is at risk.

Smoking harms nearly every organ of the body and causes many diseases. ¹ Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control. ²

How to say **“NO”**

**You're in control of your decisions.
Say “NO” and...**

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

Your friends should **not make
your decisions - **you should.****

Be Nicotine Free

www.rightdecisionsrightnow.com

¹Health Effects of Cigarette Smoking | CDC https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm
²Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults | CDC https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html