

# If you Smoke or Use Nicotine Products...

**your health is at risk.**



RIGHT DECISIONS

**BE  
NICOTINE  
FREE**

RIGHT NOW

Using Tobacco and Nicotine is harmful to your health

## 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](http://www.rightdecisionsrightnow.com)

