

What can smoking do for you?



Do you know what others notice about smoking? Take this short quiz to see.



Changes others may see:

- a) stained teeth
- b) dry skin
- c) standing outdoors in rain and snow to smoke
- d) all of the above



Changes others can observe without even looking:

- a) bad smelling hair and clothes
- b) bad breath
- c) loud whistling
- d) frequent coughs

(Check your answers on the next panel)



www.preventionconnections.org

Great News!

The majority of teens and adults in Harrisonburg and Rockingham County **Do NOT Smoke!**

The Healthy Community Council and the Office on Children and Youth survey local adults and teens. In 2006, they report:

- ★ Over **72% of adults** in our area don't smoke
- ★ More than **75% of seniors** are non-smokers
- ★ Over **85% of 8th, 10th and 12th graders** in Harrisonburg and Rockingham County do not smoke

Want to Quit or Help Someone Quit?

Get more information, help and support: www.quitnet.org

1-800-Quit-Now
1-800-784-8669

What smoking does for you:
Answers: 1) d 2) a, b, and d



RMHOnline.com

Talk to Kids About NOT Smoking

Be a positive force in the lives of the kids you love:

- Encourage children to get involved in non-smoking activities like sports and after-school programs
- Enjoy healthy activities with children
- Encourage children to walk away from friends who don't respect their reasons for not smoking
- Show children that you value their opinions and ideas

Your Kids Need to Hear from You.



www.uwhr.org/strongfamilies