

HOW DO

CIGARETTES AFFECT YOUR LIFE?

■ APPEARANCE

Yellow Teeth
Bad Breath
Smelly Hair
Stinky Clothes
Wrinkles

■ HEALTH

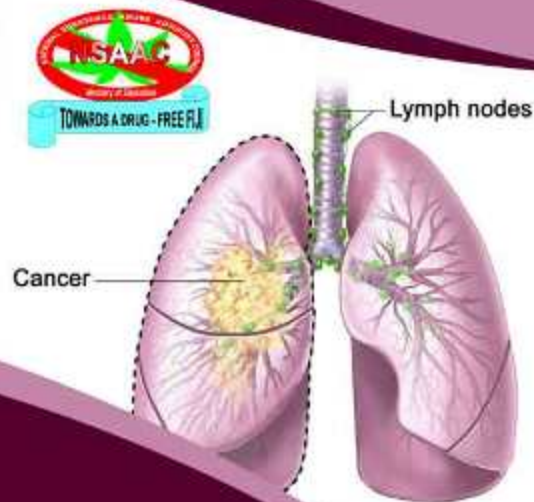
Less Energy
Addiction to Drugs
More Cold & Flu
Impotence
Lung & Heart Disease

■ MONEY

Smoking sucks up your money



SMOKING CAUSES CANCER



If you would like more information on cigarettes, alcohol, marijuana or any other drugs and substances, please contact:

National Substance Abuse Advisory Council (NSAAC)
P. O. Box 2565,
Government Buildings, Suva

Telephone: 3394 144 / 3394 180

Digicel Line: 7734 180

Fax: 3397 520

Email: nsaacouncil@gmail.com



SOURCE: CCSB

Your guide to

THE FACTS



National Substance Abuse Advisory Council (NSAAC)

ARE YOU BEING MANIPULATED ?

M Y T H F A C T

1

Globally, the tobacco industry spends \$5.1 billion to recruit young people like you to become new smokers.

2

They try to convince you that smoking is sexy. They don't tell you that you'll have smelly hair, wrinkled skin and ashtray breath!

3

You're too young to be manipulated by glamorous models and sweet-talking salespeople.

Most teenagers smoke.

More than 89% of young people in Fiji DO NOT smoke.

Smoking will help you become rich and independent.

Smoking a pack of 10 a day for one year costs as much as \$700.00 Plus you become addicted to nicotine!!

I'm not hurting anyone else if I smoke.

Your smoke can instantly affect people around you making their eyes burn, their allergies act up and their clothes smell for hours.

Not to mention the long term effects of second hand (passive) smoking.

It's easy to stop smoking I can stop any time I like.

It's hard to quit.
It can take as many as 5 or more tries to succeed.

Smoking makes you look attractive to the opposite sex.

About 8 out of every 10 young people say that those who smoke are LESS ATTRACTIVE than those who don't.



**PLEASE DON'T LET OTHER
PEOPLE MAKE YOUR
DECISIONS FOR YOU!!!**

CONTACT DETAILS

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