

Be Smart, Don't Start!  
**Say NO to Smoking**

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



**VOICE**

*Strong Families, Bright Futures*

[www.voiceinc.org](http://www.voiceinc.org)

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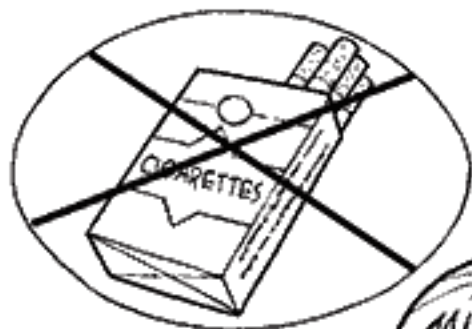
*This book belongs to*

**The other day I saw my friend George smoking a cigarette! I couldn't believe it!**



**Smoking is one of the worst things kids, or even adults, can do to their bodies.**

**I guess he just wanted to try  
something dangerous and bad.**



**Well, he sure did! There's nothing worse than smoking.**

**I decided to talk to George.**



**But first I wanted to learn more about how bad smoking really is for kids.**



**There's a dangerous chemical called nicotine in tobacco that can cause heart disease and cancer. Why would anyone smoke and take a chance with their health? It gets worse...**



- **When you smoke, you hurt your lungs and heart.**
- **Smoking makes it hard for blood to move around in the body.**
- **It makes asthma worse.**
- **People who smoke feel tired and cranky.**

**Not only is smoking bad for the person doing it – but Second-Hand Smoke is bad for, well, everyone!**



**I didn't think even this was enough to get George to stop smoking. I knew something that would work. The ICK factor!**

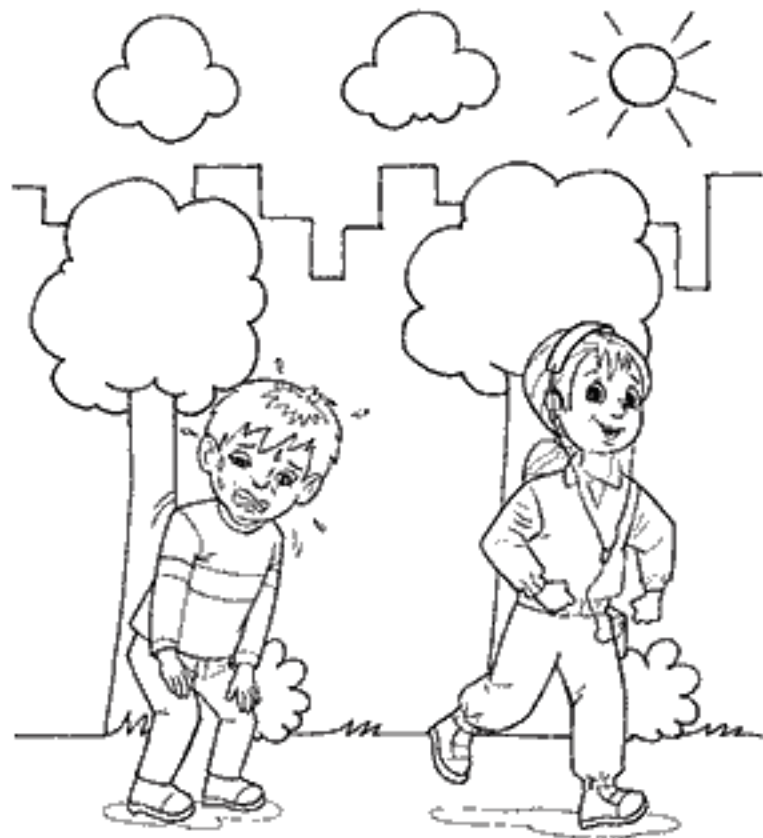


- **Smoking makes you and your clothes smell bad.**
- **It makes your breath stinky, too. Ugh!**
- **It makes your teeth yellow. Yuck!**
- **When you smoke, you get more colds and coughs.**



**What fun is that?**

**Kids who smoke have a really hard time  
keeping up when they play sports.**



**They can't run as long and play as hard. AND!  
Smoking costs a LOT OF MONEY! As for me, I'd rather spend  
the money on CD's or computer games or clothes or just fun  
stuff. I knew what I had to say to George.**

**I told George about how bad smoking is for kids.**



**After hearing all that icky stuff about the bad breath and yellow teeth and stinky clothes and not being able to breathe and keep up in sports, he said, "Okay, okay! I get it! I promise I'll never, ever smoke again." And I believe him.**

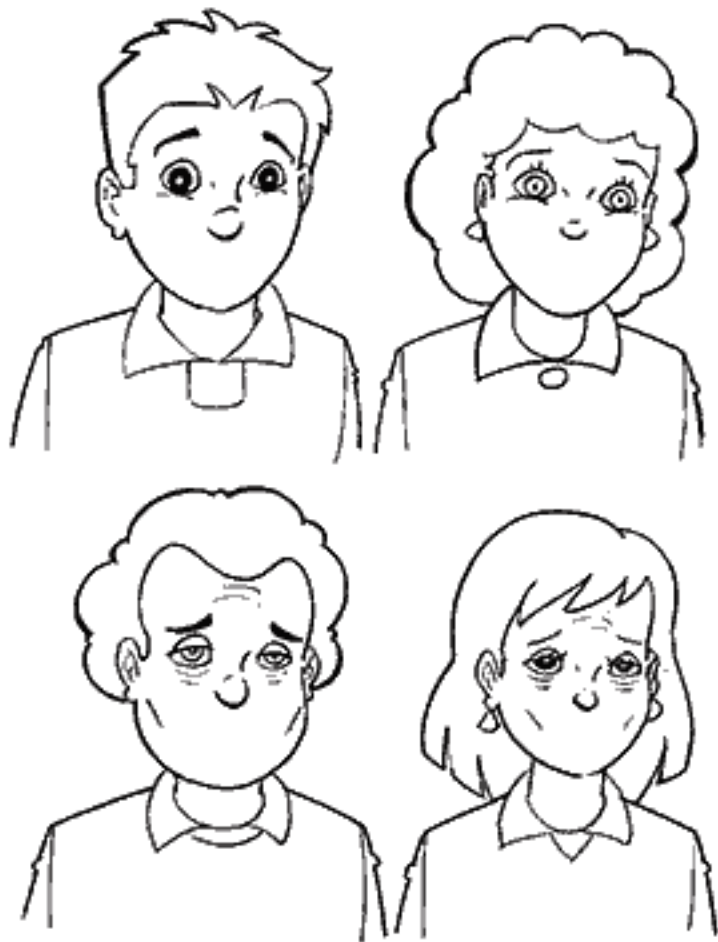
**The best thing about smoking  
is never to start.**

**Be Smart  
Don't Start!**



# Happy Face

Draw happy, healthy smiles on the non-smoking faces.  
Draw yucky smiles on the smoking ones.



**SOME SMOKER  
COUGHED  
AND MIXED UP  
ALL THE WORDS**



Can you unscramble the words?

HINT: The word begins with the letter in black

1. **k**onsmig \_\_\_\_\_
2. ugo**ch** \_\_\_\_\_
3. eta**b**erh \_\_\_\_\_
4. en**y**mo \_\_\_\_\_
5. la**t**heh \_\_\_\_\_
6. ni**s**ykt \_\_\_\_\_
7. n**r**u \_\_\_\_\_
8. la**p**u \_\_\_\_\_

# WHICH ONE IS DIFFERENT?



# FILL-IN FUN

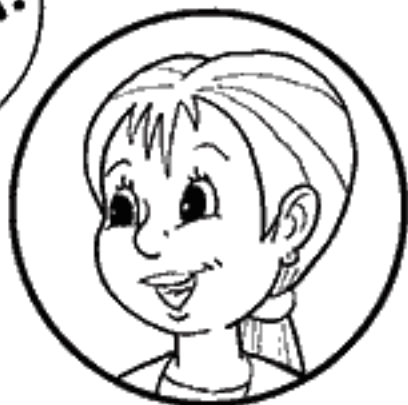
Fill in the missing word



- 1. It's unhealthy for kids to \_\_\_\_\_ cigarettes.**
- 2. Smoking is bad for your \_\_\_\_\_ and \_\_\_\_\_.**
- 3. Smoking makes your teeth \_\_\_\_\_.**
- 4. It makes you and your clothes \_\_\_\_\_.**
- 5. The best thing about \_\_\_\_\_ is not to start smoking.**



**Be Smart,  
Don't Start!**



**Be Smart, Don't Start!  
Say NO to Smoking**

*I promise to be smart and never smoke  
cigarettes. To believe in myself and who I  
want to be. To keep my body healthy. To  
make the world a better place for kids like me.*

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Sign your name here



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