

How can I make
this work
for me?

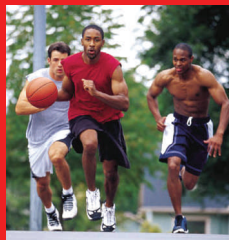


I can feel better while I quit if
I'm willing do these things, too:



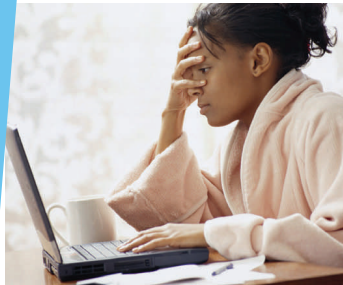
Eat right.

Relax to
lower your
stress.



Exercise.

Pick up the phone
and
call,



or go
online

WHAT are you waiting for??
a tobacco company to light
your next cigarette for you??



Get real - now!

For more stop smoking information for
teens and adults, including local
classes, go to www.StepsFL.com



Stop
Smoking
Information
for Teens



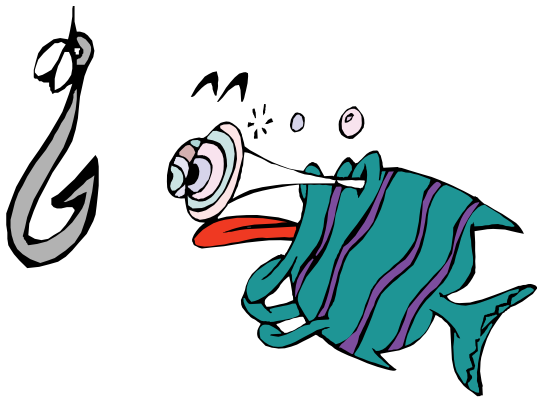
Hooked?

Not on your life!

You wanted to try smoking.

Like lots of other teens, you

tried it, got **hooked**



on the nicotine, and now want your life back. Most people didn't really like smoking at first, but they kept "practicing" till they could do it without choking or coughing.

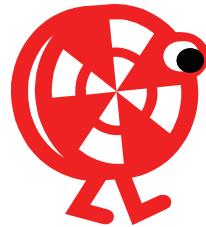
Some thought smoking made them seem cool.

Some thought smoking helped them fit in.

Some even thought the health risks were bogus.

Well, now you know the truth.

You've decided that tobacco companies can no longer use you as an easy target.



The toll tobacco takes on your life and your wallet just isn't worth it.

Smoking doesn't make you cool, popular, rich, or good-looking.

It just makes you **dead**.

I'm ready to quit...
Soooo...what's next?

Can I talk to someone? Right now?

Sure, **1-877-822-6669**

is a toll free hotline open 24/7 and has counselors trained to help teens quit.

I really, REALLY, want a website.

Easy, there are several that are really cool and designed for teens, so check 'em out.

www.gottaquit.com

www2.mdanderson.org/

Yeah, it's a long address.
Try it anyhow!

[app/aspire](#)

www.StepUpNC.com

www.Smokingzine.org

www.Tobaccofree.org