

HOW TO SAY NO TO SMOKING

Saying no to cigarettes can be tough but it's worth the effort for your health, your pocket, the planet and everyone around you. Here's some tips on what to do and say if you're ever put under pressure to smoke...

WHAT TO DO



Stand tall, hold your head high and speak with confidence

Remind yourself of the risks of smoking and why you're saying no



Remember that you don't need to smoke to be cool or fit in, real friends like you for who you are

Walk away if you feel uncomfortable



Don't suffer in silence or give in, talk to someone you trust if you're feeling under pressure

WHAT TO SAY



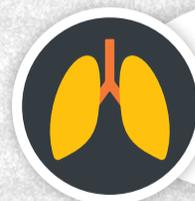
I don't smoke

It's not my style



I don't want my clothes, hair and breath to stink, it's disgusting!

Wrinkles, yellow teeth and brown fingers are not a good look



I like to be active, wheezing lungs hold you back

I can think of better things to do with my cash



NO THANKS..

X-HALE

www.cancer.ie/xhale



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