IF I CONTINUE TO SMOKE, I WILL ADD TO THE WORLD'S TRASH PROBLEM



I MADE A PROMISE THAT I MUST KEEP IF I AM TO RE-SPECT MYSELF



If I take such good care of my car, shouldn't I be even more careful with my body?



Why should I put one more penny in the pockets of the tobacco industry?



I WILL NOT ALLOW YOU TO **DESTROY MY LIFE!**



Here are the chemicals I will inhale if I smoke:

Acetone

Formaldehyde

Ammonia

Styrene

Insecticide

Lead

Fungicide

and 300+ more

Acids

Cyanide

Benzene



I value my family too much to smoke even one cigarette



If I light up, others in my environment will suffer

