

Don't Let Nicotine Take Control

Your Future. Your Choice.



All tobacco products are harmful



Nicotine effects attention and learning



Smoking puts you at risk for cancer and diabetes



Nicotine is incredibly difficult to quit



Smoking causes yellow teeth and damaged skin

Want to Quit?



Set a Quit Date and write it down



Talk to a parent, coach, or counselor



Recognize your triggers
When does it feel automatic?



Celebrate small successes!



Choose a Stronger Future.
Stay **Tobacco-Free.**



Further Resources

Ben-Joseph, Elena. "How Can I Quit Smoking? (For Teens) ." Nemours TeenHealth



"Dangers of Smoking at a Young Age." Smoking and Vaping, *Frederick Health*, 2021.



Park, Sang-hee. "Smoking and Adolescent Health ." *PubMed Central*, 2011.



"Youth and Tobacco Use." *Smoking and Tobacco Use*, CDC, 2024.

