Use Prevent tobacco community efforts to join school and home tobacco- Get involved: make your team movies clothes, computer games, and on tobacco spend it on CDs, Don't waste money play sports be independent be cool athletic skills control weight make friends develop athletes DON'T use tobacco most teens adults and billboards and magazines movies music videos the tobacco use on TV and in the truth despite all

So

He was 19 years old. Died of oral cancer when used spit tobacco star athlete who high school played a marine a face Stein changes in the use can lead to serious cancers caused by tobacco surgery to remove oral bleeding in the mouth sports sore and lips, white cause cracked spit tobacco can Short-term use of bad breath Tobacco sticks teeth and causes make hair and clothes stick Yuck tobacco smoke can appearance Tobacco and athletic performance Tobacco and personal What you should know about tobacco

NOT safe alternatives. Cigars and spit tobacco are performance as for affecting overall athletic smokers run slower and can't run nonsmokers times more than than 0.5 breath (gasps) almost 3 smokers suffer shortness muscles used during sports reduce oxygen available for smoking can wreath lungs and heart. Nictotine narrows your blood. Nicotine is addictive. in cigarettes, cigars, and spit don't get trapped. Nictotine
Interested? Learn how you can get heart, or lung association, department or your cancer, Call your local health tobacco prevention programs. Partner with your local.

- Free events, etc. are no tobacco.
- Events, sports (i.e., parties, sporting all school events and Be sure your schools and are tobacco-free.
- Restaurants and other places that tobacco to kids. Frequent businesses that don't sell pocketbook. Support your with your.

Community

Make a difference in your

mouses, TV and magazines.

- Billboard, and other media, such as smokerization do notice 70 percent of tobacco on discuss with kids the false tobacco. Talk about ways to refuse tobacco. Talk about future use.
- Know if your kids' friends use 11 and many are addicted by age 14. Many kids start using tobacco by age 5 or 6 and continue through their high school. Start the dialog about tobacco use at age easily get it, and don't leave it where they can and don't offer it to them, persuasion. Don't offer it to them, use tobacco in your children's to try to quit. Meanwhile, don't let it become addictive to tobacco and find marijuana.
- Other drugs such as cocaine and alcohol.
- Do more likely to use alcohol and athletic performance.
- Doctor bills, and not poor to more sick days, more respiratory problems leading more often and developing asthma attacks.
- Kids who use tobacco may: Know the facts about youth and disease, cancers, and strokes.

United States causing heart preventable cause of death in the single most

safe other addictive-free cigarettes are not cigarettes, low tar and not safe alternatives to split tobacco and cigar are.

If extremely hard to quit, become addicted to tobacco and find marijuana.

Despite the impact of movies, music, early and often.

Take a stand at home.

Parents: Help keep your kids tobacco-free.