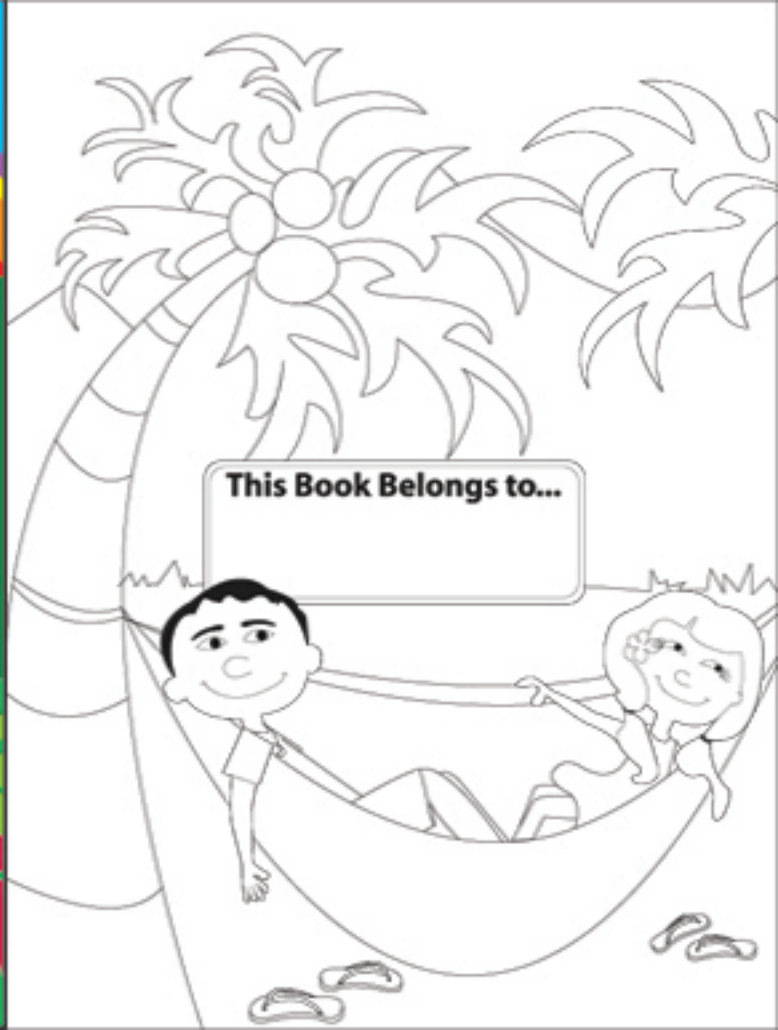
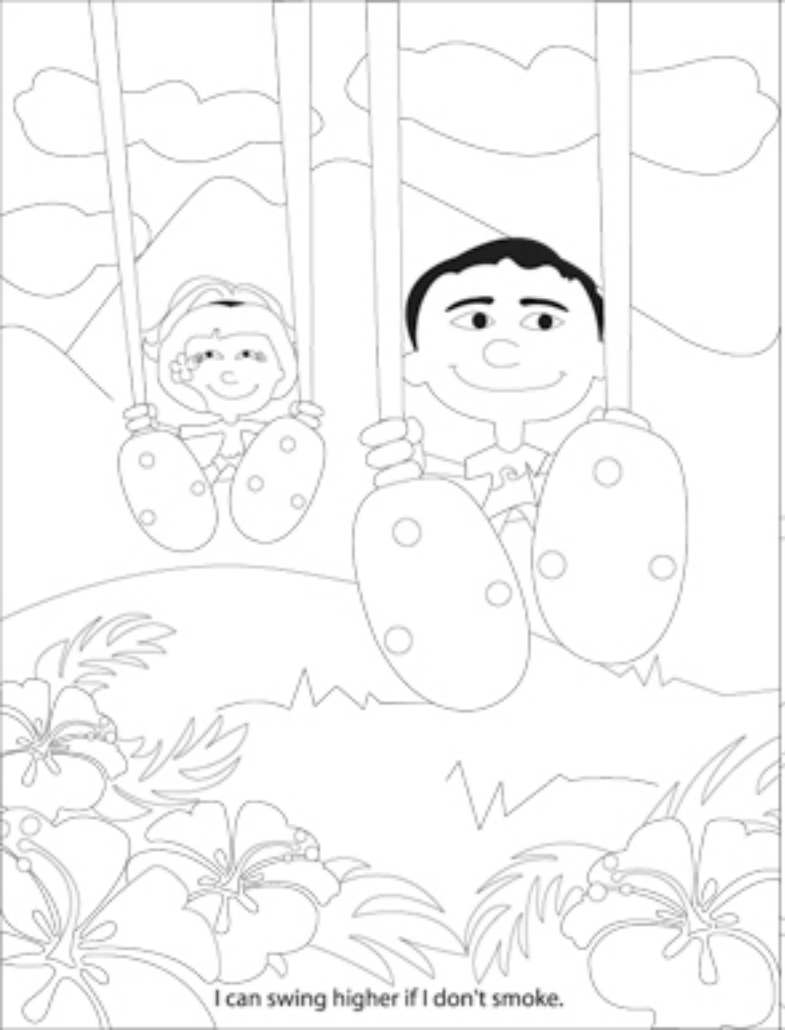
HAPPY TO BE SMOKE FREE ME!



I can kick the ball farther if I don't smoke.

I can hula better if I don't smoke.



I can swing higher if I don't smoke.

I will grow up to be stronger if I don't smoke.

I can surf better if I don't smoke.

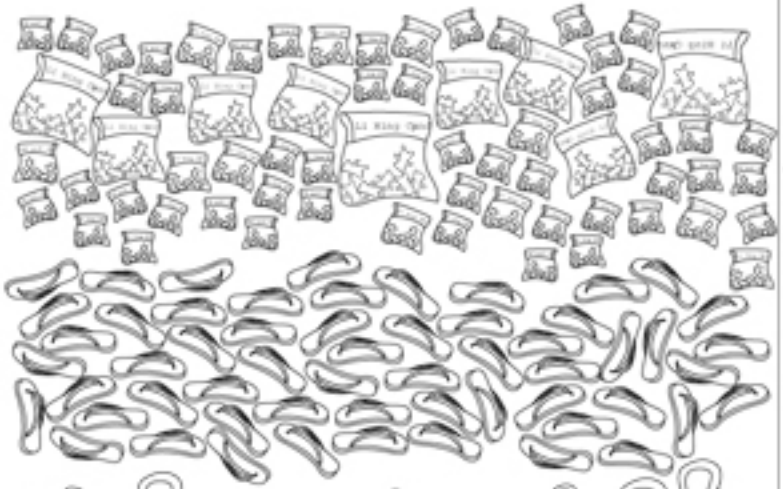
My teeth will be whiter, if I don't smoke.

My shave-ice tastes better if I don't smoke.

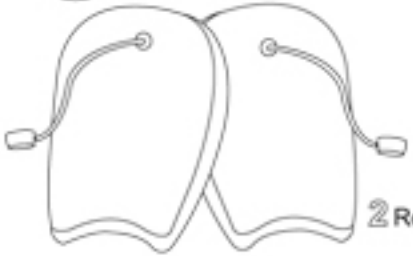
I will smell sweeter if I don't smoke.

Its hard to stop smoking, but...
I won't ever need to quit, if I never start!

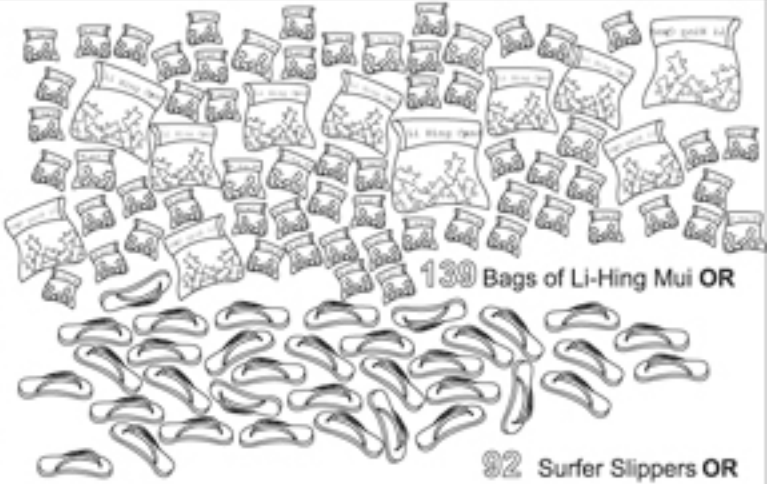
Buying 1 pack of cigarettes a day for 1 month costs about $140 or as much as...



12 Big Jumping Balls **OR**



2 Really Cool Boogie Boards **OR**



139 Bags of Li-Hing Mui **OR**

92 Surfer Slippers **OR**

8 Hawaiian Dolls **OR**

1 Awesome Bike!

Which would you choose? _____

What can you and your friends do better if you don't smoke? Draw it.

Draw a picture of yourself.

I love not smoking because ...

_____

_____

_____

For more information contact:

Hawai'i State Department of Health
Chronic Disease Management & Control Branch
Tobacco Prevention & Education Program
1250 Punchbowl Street, #217
Honolulu, Hawai'i 96813-2416

Telephone (808) 586-4613 • Toll-Free 1-(888) 810-8112 • Fax (808) 586-8252

NONDISCRIMINATION IN SERVICES

We provide access to our programs and activities without reguard to race, color, national origin (including language), age, sex, religion or disability. Write or call the Tobacco Control & Education Program or our departmental Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378, or at 586-4616 (voice), or 586-4648 (TT) within 180 days of a problem.