

Smoking (Learn to Say No)



This important new series introduces children to the facts about those drugs of which they are most likely to be aware. The books aim to teach children not to use and abuse drugs by providing lots of strategies to help them avoid becoming involved in drug-taking. Learn To Say No aims to empower children to be able to say no to drugs and to feel that they have made the right decision. The books are illustrated with specially commissioned photographs and include lots of facts and some real-life case studies. Each book covers one drug and includes information on: what the drug is and the history of its use; the physical and social effects of the drug, both short-term and long-term; UK legislation on the drug; Strategies for saying no and helping others who may be taking drugs

- 1 min This world no Tobacco Day Say no to smoking. Campaigns of the World no to cigarette But it can often be hard to say, especially when faced with tobacco temptation. As you power through your quit, theres a good chance you will be tempted from Say no to tobacco. 1. Say No To Tobacco Shivi Jain VIT University, Vellore 2. Why people smoke or consume tobacco? For pleasure Out of - 1 min - Uploaded by American Lung Association When youre faced with a situation where youre asked to use tobacco, learning to say no Heres how to help your kids avoid smoking or using chewing tobacco - or quit, if theyve already started. Your child may feel confident simply saying no. Have you been contemplating quitting smoking for a while? Visit our urgent care center website to learn more about all the medical services EDUCATIONAL GOALS: Children learn that sometimes we have to say no to our friends. Children learn some good ideas for how to say no to a friend and still - 3 min - Uploaded by Learn Liberty Do you think putting a ban on smoking is taking away your freedom? Learn more: Learn more How To Say No Quick Activity. Discuss ways people use to say no to smoking. These are typical examples you can share with the class: Just Say No: No Saying no to cigarettes can be tough but its worth the effort for your health, your pocket, the planet and everyone around you. Heres some tips on what to do and