



**Learning
to be
smoke-free!**

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Breath!
A word that means life.

Take a deep breath
and feel refreshed, alive!





Lungs are essential organs because they deliver life-giving oxygen to the body.



Smoking damages the lungs, and makes it hard to breathe.



Smoking one pack of cigarettes per day deposits one cup of tar in your lungs each year.

Tar is very toxic,
it makes you sick.
Tar covers your lungs
and turns them black.



Breathing is the biological process of inhaling oxygen and exhaling carbon dioxide.

How does breath work,
this constant in and out?
Read on, so you can learn
what breathing's all about...

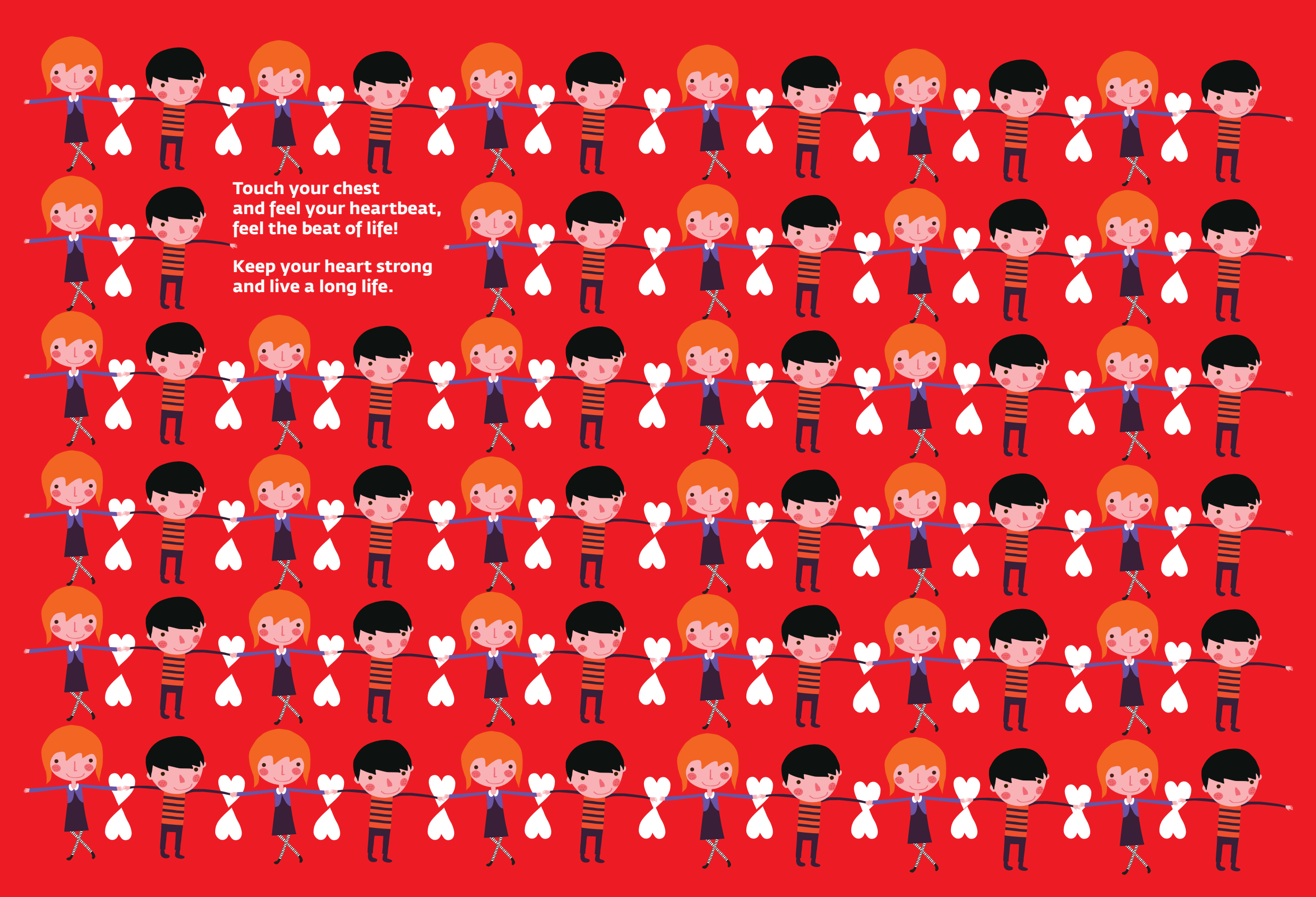
Bronchi or airways are the tubes that carry air in and out of your lungs.

The alveoli are 300 million tiny sacs inside the lungs. They take in oxygen when they inflate and remove carbon dioxide when they deflate.



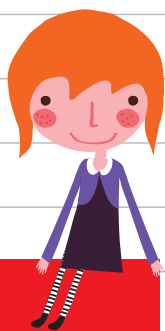
Smoking clogs the bronchi and damages the alveoli. Smoking makes breathing difficult.



The image features a repeating pattern of cartoon children holding hands in a grid on a red background. The children are arranged in rows, with girls having orange hair and blue dresses, and boys having black hair and striped shirts. They are holding hands in a continuous line across each row. The text is centered in the upper-middle part of the image.

Touch your chest
and feel your heartbeat,
feel the beat of life!

Keep your heart strong
and live a long life.



Hold out your hand
and make a fist.
That's the size of your heart.

The heart is small but powerful.
It works non-stop and beats
so hard that it can spray blood
a distance of 10 meters!

In one day, your heart beats
approximately 100,000 times.
In one year, your heart beats
approximately 40 million times!



Smoking thickens the blood
and causes the arteries to narrow.
It reduces the amount of
oxygen-rich blood circulating in
the organs.

With less oxygen passing through
the arteries, the hard-working
heart must work even harder.
Blood pressure rises as a result.

Tobacco use is major risk factor
for serious heart disease.



The heart works hard to supply the entire body with oxygen-rich blood.



The heart rate of an adolescent smoker is 2-3 beats per minute faster, so the heart gets more tired.

The arteries carry
oxygen-rich blood
all through the body.



If all the blood vessels
in the human body
were laid out end to end,
they'd stretch 60,000 miles.
That's twice the circumference
of the Earth!

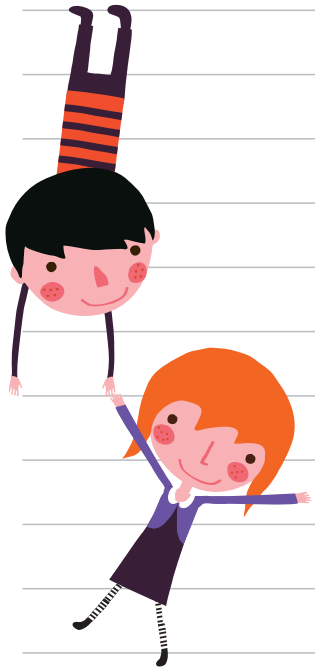


Tobacco narrows and clogs
the arteries.



Exercising
and being athletic
improves my health,
mood and looks.
Vibrant health is
the best cosmetic.

Running, dancing,
staying fit
keeps me alive!



Being active keeps
my body fit
and my heart strong
and healthy.

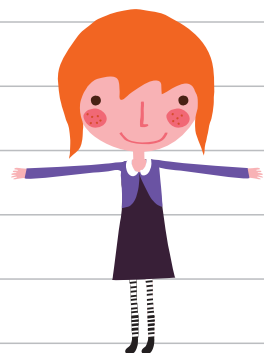
Physical activity is a great way
to have fun and feel good.
For a long and happy life,
also eat nutritious food!

Exercise helps you sleep well
and maintain a healthy weight.



Say "NO"
to toxic cigarettes.
Say "YES"
to a healthy life!

The following facts
will baffle your brains,
about the deadly chemicals
that tobacco smoke contains:
Of its mix of 7,000 chemicals,
250 are toxic, and 70 carcinogenic.



The following chemicals
are found in cigarettes:
Ammonia, Arsenic, Cadmium
Acetone, Carbon Monoxide.





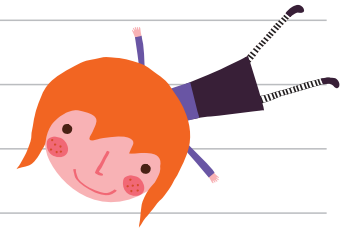
Ammonia is found
in detergents.
Arsenic is used
to kill rats.
Cadmium is found
in batteries.
Who would willingly
inhale any of that?



Carbon monoxide
is a potent poison.
It inhibits the flow of oxygen
in the blood. It can cause
dizziness, drowsiness,
coma, even death.



**Say "NO"
to addiction!
Smoking is
an affliction!**



Sometimes people start using drugs and cannot stop even if they want to... That is an addiction.

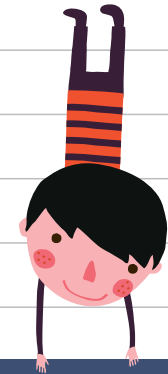
Addiction is the intense and constant need to use a certain substance.

Giving up the substance makes addicts feel horrible; that very sick feeling makes quitting almost impossible.



Cigarette smoking is popular because nicotine is addictive.

When a person smokes, the concentration of nicotine in their blood rises rapidly. It reaches their brain in 10-20 seconds.



Tobacco contains nicotine, a highly addictive substance. Nicotine makes quitting smoking hard, despite that smokers know the damage it causes.

Did you know that after heroin and cocaine nicotine is the third most addictive substance?

Children and teenagers
are more susceptible than adults
to nicotine addiction.



A balanced diet
and physical exercise
keep my body fit
and addiction-free.



Sometimes people say that smoking relieves stress, but that's a myth.

The truth is that smokers become anxious and ill-tempered because they have not smoked for a while. As soon as they light up the unpleasant feelings are temporarily relieved.

Smoking is not just a bad habit. It's an addiction, a disease!

70% of smokers want to quit.
30% attempt to do so every year.
Only 2-3% succeed.

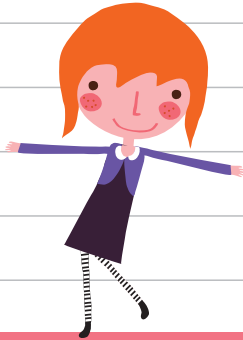


Smoking is very hard to quit,
so in your life never let it fit!

Smoking is out of fashion!
Being healthy and beautiful
is our new passion.!



Lined area for writing notes.



Myth: Smoking keeps you slim,
strong and pretty.

Truth: Smoking gives you
bad breath and yellow teeth,
cellulite and wrinkles.

Smokers stink!
Their clothes, hair and breath
smell unpleasant.
Their nails and teeth
turn yellow.

Smokers also lose
their sense of taste and smell.



Smoking is anything
but charming and attractive.
Smoking is smelly and ugly.

Smokers are neither strong
nor independent.
Smokers are weak
and dependent.





Did you know that half
of all smokers will die
from a tobacco-induced
disease one day?
It's so sad to think
that all those deaths
could have been prevented.



Did you know that smoking
is backed by major economic
interests?

People become sick and die
but the tobacco industry
does not care.

Where do you stand?
If you care about people,
speak up, raise your hand!



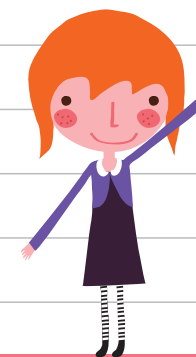
Smoking is catastrophic.
It ruins your looks and health,
your life and your future.



I believe in myself.
I choose to be smoke-free
because I know
it's good for me.

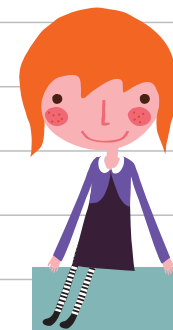


Here and now, I take a vow
that I will never start smoking!
This promise to love myself
I will keep anyway, anyhow!



All that I have learnt here
about smoking and its effects,
I'll be sure to spread around.
Imagine how wonderful
it would be if no one
smoked in town!

**I resist peer pressure! I stay determined!
I refuse to smoke! I protect my health,
which is my greatest treasure!**



Peer pressure is when other kids
try to convince you
to do something
you do not want to do.
Say "no, thanks."



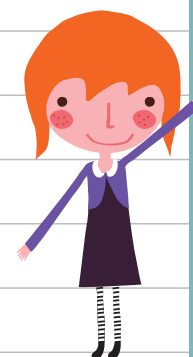
I do not give in to peer pressure.
I make the right decisions.
I say "NO" to cigarettes
I say "NO" to addiction.

Boys and girls, know the stakes,
because one is all it takes!

One cigarette is enough
to begin a life-long addiction.



Smoking for the first time
can cause dizziness,
discomfort, nausea
and coughing.



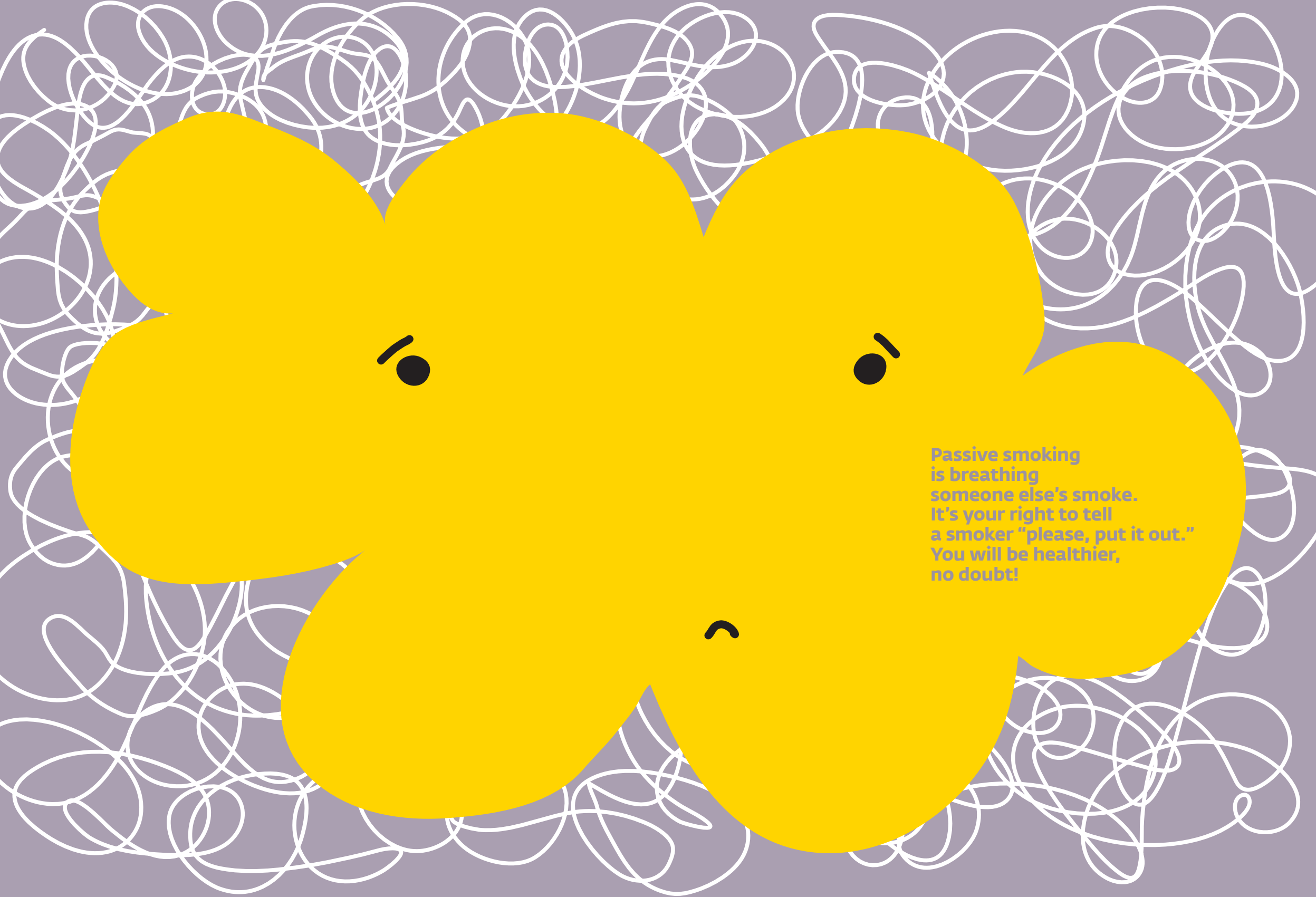
Kids who smoke
may pressure me
to do the same.



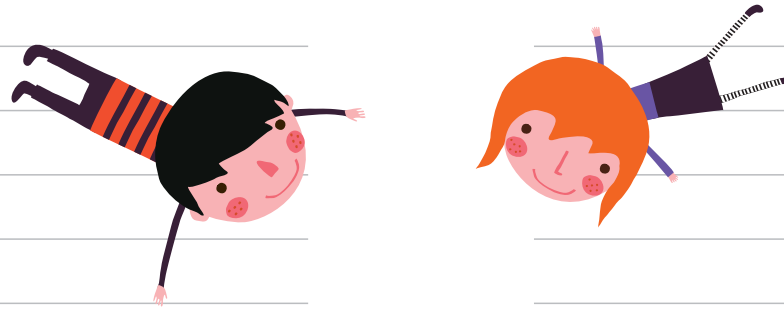
I always say "NO"
to the smoking minority.
I proudly belong to the smart
non-smoking majority!



I do not smoke but I run.
I exercise and I have fun!



Passive smoking
is breathing
someone else's smoke.
It's your right to tell
a smoker "please, put it out."
You will be healthier,
no doubt!



Every child out there
has a right to clean air.

Breathing other people's smoke
is called passive or
second-hand smoking.
Passive smoking causes
asthma and cancer,
respiratory and heart disease.

In places such as these
you may be exposed
to second-hand smoke:
At home and at work,
in cars and bars,
restaurants and cafes.



Exposure to second-hand
smoke irritates your eyes,
throat and nose.
It gives you a headache
and makes you cough.



Passive smoking is not only
inhaling the smoke
of someone else's burning
cigarette...



...it is also the smoke exhaled
by the smoker's breath!





It is estimated that, every year, second-hand smoke kills over 600,000 people. 150,000 are kids.



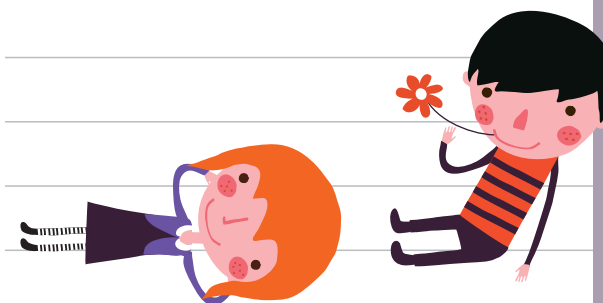
Children that grow up in places where people smoke will have weaker lungs throughout their lives.
Is this fair?

Cancer-causing substances
hide in the invisible toxic mixture
that smoking leaves behind
on indoor surfaces, clothing
and hair.



This toxic mixture lingers on
even after the room is ventilated.
This is called third-hand smoke.

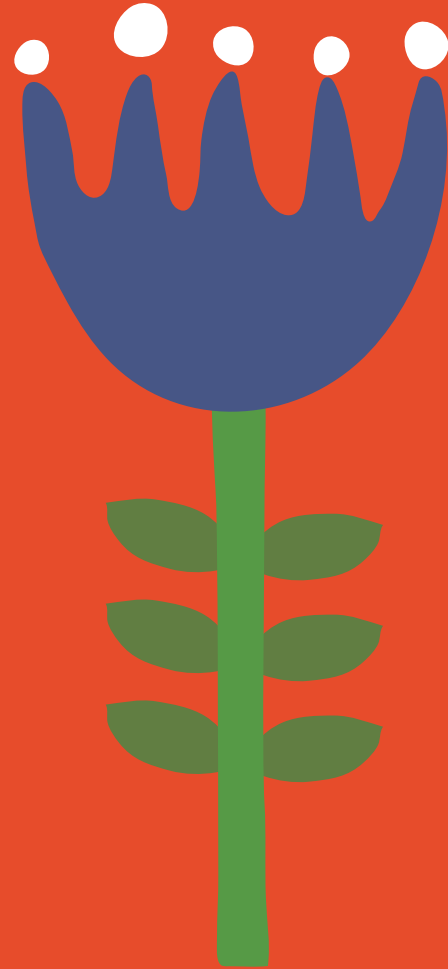
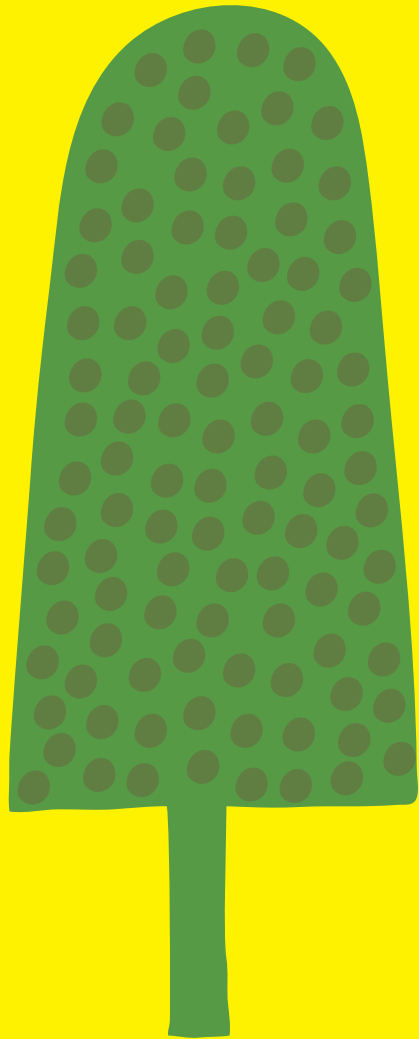
Do you think that vaping is safe?
No, it isn't.



Vaping is another
form of smoking
and harmful to
your heart and lungs.

Today, young people have more power than ever to protect the environment!

I say "YES" to a clean environment, to help protect it, I swear!

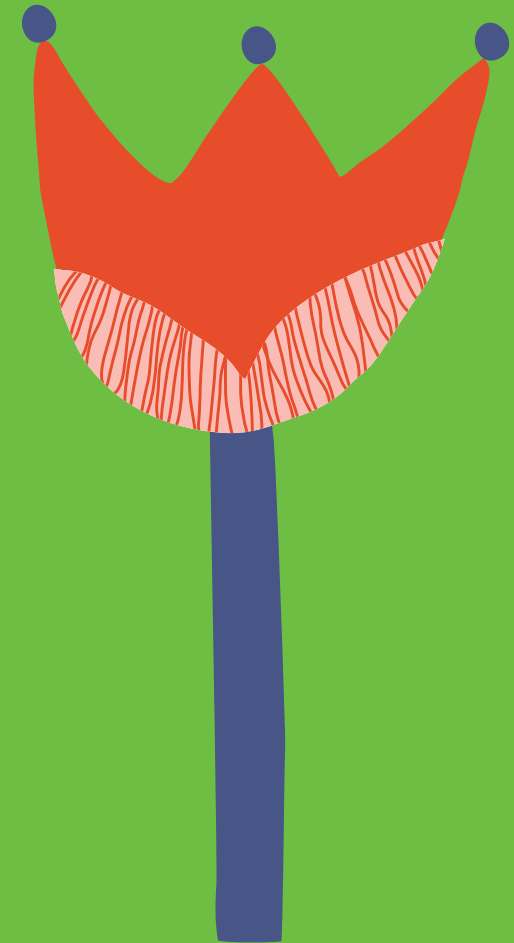


Cigarette butts are generally not biodegradable.



Worldwide, cigarette butts are the most common item collected in beach cleanups.

Smoking is harmful to the environment in more ways than you can imagine: Cigarettes not only litter but also kill. Animals, fish and birds choke on the butts or die from the poisons they contain.





**Do the math on smoking
and calculate for yourself
how costly cigarettes are
to your finances and wealth!**

Assuming that the average smoker smokes
approximately one pack of cigarettes a day:

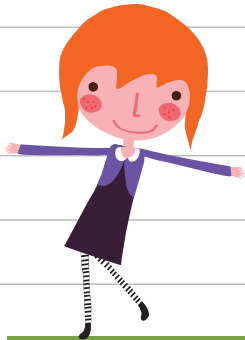
If a pack costs a minimum of 5 euros,
in one month (30×5) 150 euros are spent on cigarettes.
In three months (3×150) 450 euros are wasted.
The smoker could have bought a computer instead!

Now calculate the annual cost:
If one month of smoking costs 150 euros,
then 12 months (12×150) cost 1,800 euros.
The smoker could have travelled abroad instead!

A person who has smoked for ten years
has already spent 18,000 euros on cigarettes,
when he could have bought a new car instead!

Unbelievable!

The girl that you are today
will grow up to be a woman
and a mother one day.
So, it's important for you
to know the facts that follow:



The number of women
who smoke
are fewer than men.
This is why girls are targeted
by tobacco industry.

Smoking can lower
a woman's life expectancy
by as much as 10 years.

Smoking during pregnancy affects not only the mother, but also the baby's health before and after birth. The tiniest quantity of nicotine in the bloodstream causes babies to be born with low birth weight and respiratory problems.



Tobacco ads associate smoking with allure, slenderness and style, even with women's empowerment.





Smoking is neither cool
nor fashionable.
It's unappealing.

Vibrant, glowing health
is the new craze.



I know that a healthy lifestyle
is important and
easy to achieve:
I eat properly
I sleep sufficiently
I exercise regularly
And I never smoke!

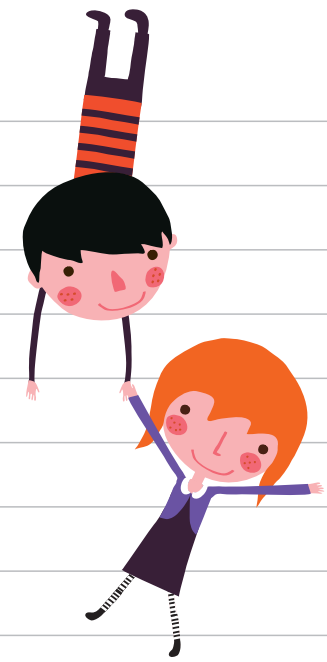
I choose to be
healthy and strong
so I can live in joy,
doing what I love,
doing what I enjoy!



I know quite well
that smoking even one cigarette
can directly affect my health.

Smoking impairs physical
endurance
and athletic performance.

With these four simple steps,
I keep my heart healthy:



- One, I do not smoke.
- Two, I eat many fruits and vegetables.
- Three, I exercise every day.
- Four, I stay healthy and happy.

Dare to dream, friends,
dare to soar with joy.
The future belongs to us,
to every girl and boy!

One day I'll explore
the moon...

One day I'll invent
something
wonderful....

One day I'll become
a great athlete...

One day I'll heal people...

One day I'll travel
the world...





**And with this vow our notebook ends:
I will never smoke, dear friends.
Active, healthy and smoke-free,
that's how I resolve to be!**

Hidden Word Game

Health Effects of Smoking



A	E	R	T	G	B	N	S	P	I	P	C	N	A
A	D	D	I	C	T	I	O	N	T	J	E	G	M
K	S	J	X	V	I	W	Q	E	V	Q	L	Y	B
W	E	W	M	G	R	T	I	U	H	E	L	D	R
U	T	V	I	D	T	E	X	M	Z	X	U	A	O
R	I	S	F	L	U	U	A	O	M	L	L	Z	N
S	V	T	X	J	K	V	N	N	E	K	I	J	C
T	D	L	T	V	L	X	U	I	K	E	T	I	H
R	X	U	K	I	W	D	C	A	N	C	E	R	I
O	K	Z	E	V	T	S	X	E	T	Z	K	P	T
K	T	A	S	T	H	M	A	O	E	N	T	P	I
E	L	T	A	J	R	W	R	I	N	K	L	E	S
W	H	L	X	T	M	R	K	C	O	U	G	H	J
B	N	E	H	J	S	S	F	V	B	Q	P	I	E

Try to find the following words:

Addiction
Asthma
Bronchitis
Cancer
Cellulite

Cough
Flu
Pneumonia
Stroke
Wrinkles



**I love life
and I learn
to always be
smoke-free!**



**George D. Behrakis
RESEARCH LAB**
HELPING CANCER SURVIVE



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