



Anti-Tobacco Lesson #2

How to Say No

Ask a child if they've ever experienced peer pressure to use tobacco products and discuss ways they can say no.

Here are some examples:

- Short but sweet: Simply say, "No, thanks."
- Something else going on: "I'm really busy; I have practice."
- No, no, a thousand times no: "No way, nope, absolutely not, no thanks, not a chance!"
- Here's my reason: "No thanks. I'm playing sports. I don't want to ruin my chances of making the team. I need to be in top shape."
- Declare your choice: "I choose not to use tobacco."
- Suggest something else: "Hey, I'd rather play outside." Or, "Let's play basketball instead."
- Leave the situation: As soon as you feel pressure, leave. Don't wait around.

Always encourage the kids in your life to say "no" to tobacco. You are their biggest supporter!

I'm Blaze, the Braggin' Blue Dragon®. I don't smoke or use tobacco. I eat right, get plenty of exercise and feel great!

Third through fifth grade Oklahoma students are invited to join Blaze at *Be Smart-Don't Start Anti-Tobacco Day* on **Tuesday, May 7** at **Science Museum Oklahoma**. Museum visitors receive free admission!



PARTNERS

