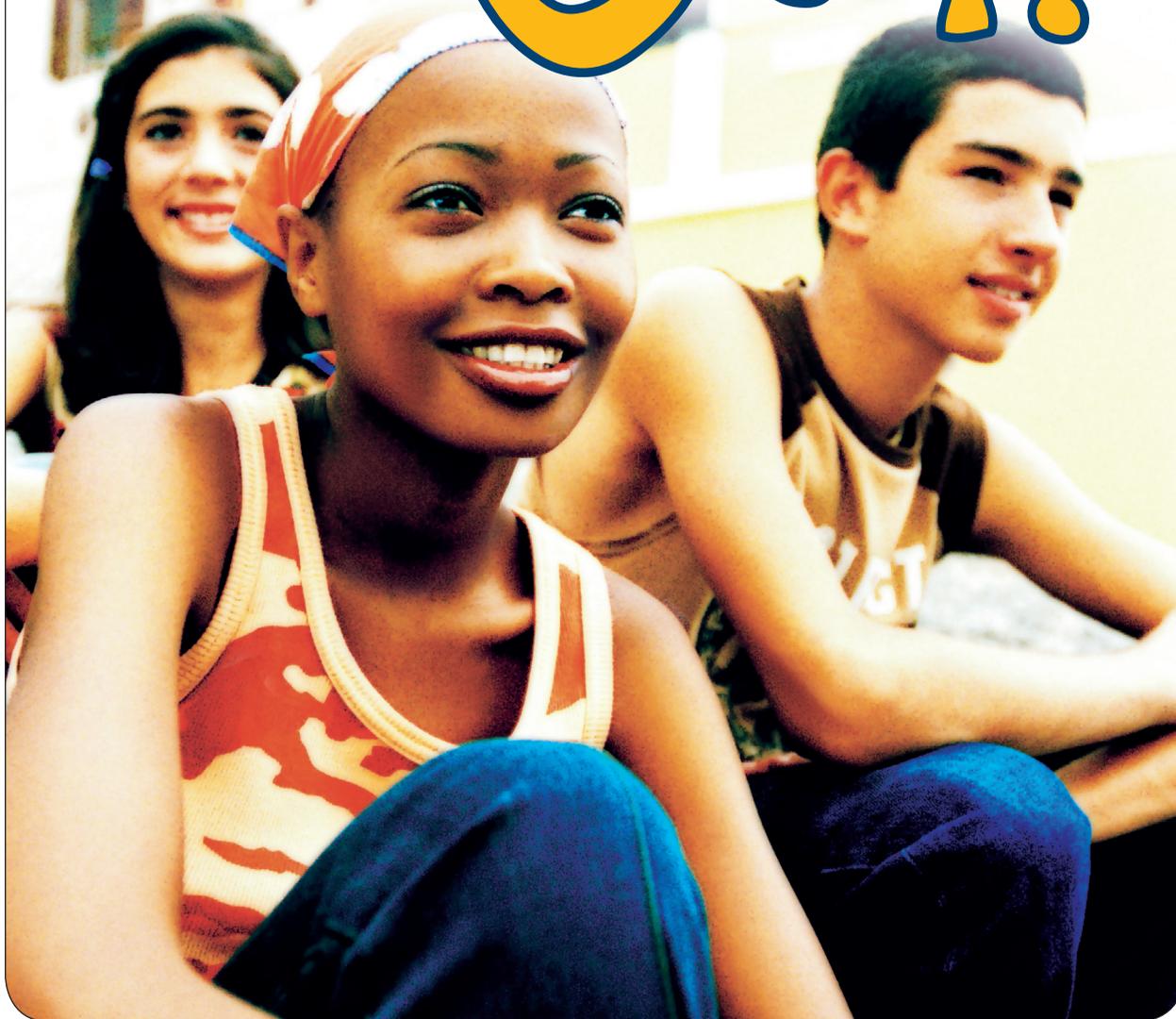


Smoking: what every teen should know.

Air it Out.





Fact:
Two out of
three teens who
smoke regret ever
starting.

To smoke or not to smoke.



You've seen the anti-smoking advertising campaigns. You've heard about the health risks associated with smoking. In general, you know that smoking is "bad for you." But in order for you to make your own decision about smoking, you need the facts. If you do not smoke, this book will help you understand the benefits of staying smoke-free. If you smoke, you'll learn about addiction, withdrawal, and what to expect when quitting — including tips from teens who have successfully quit smoking.