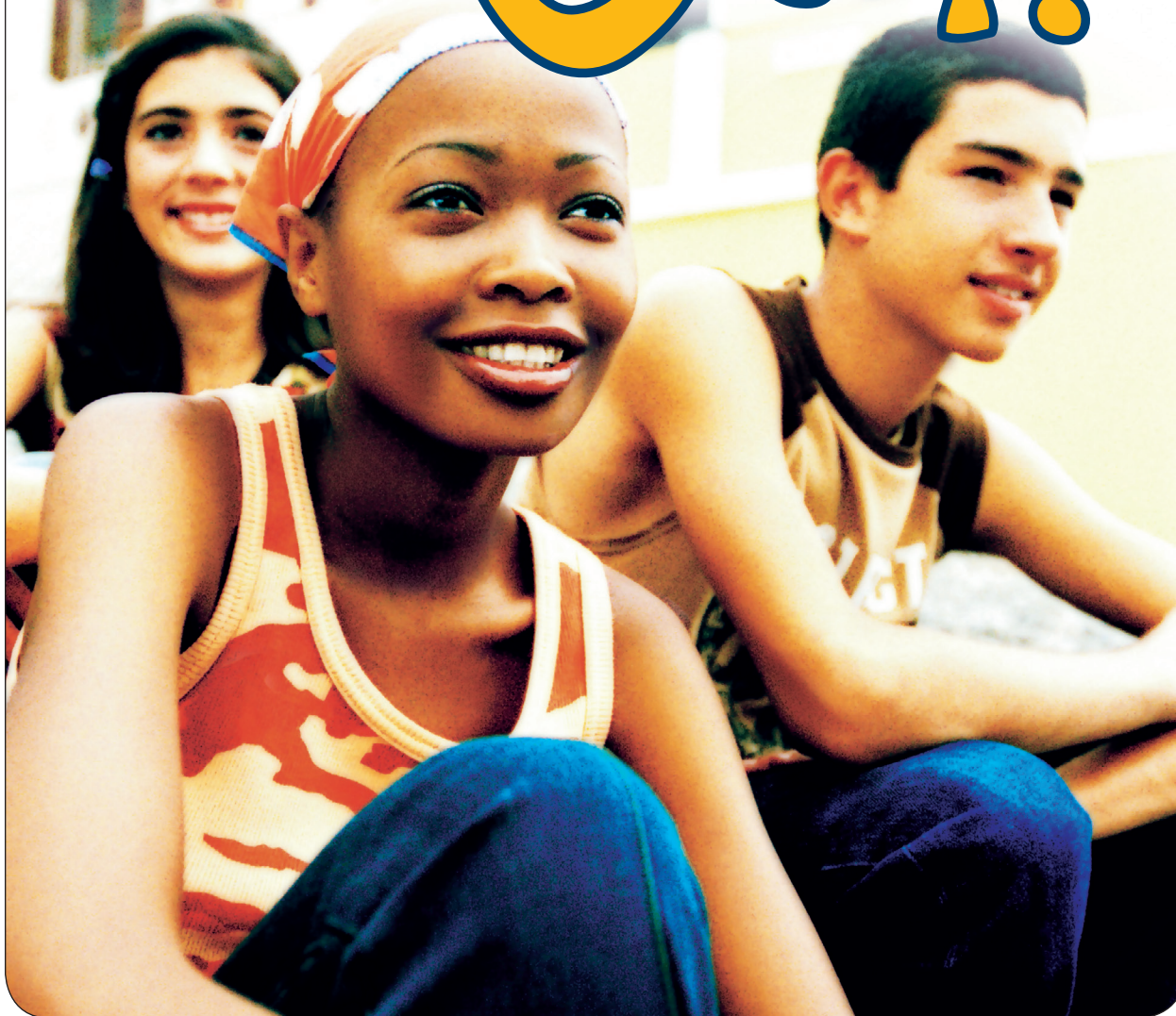
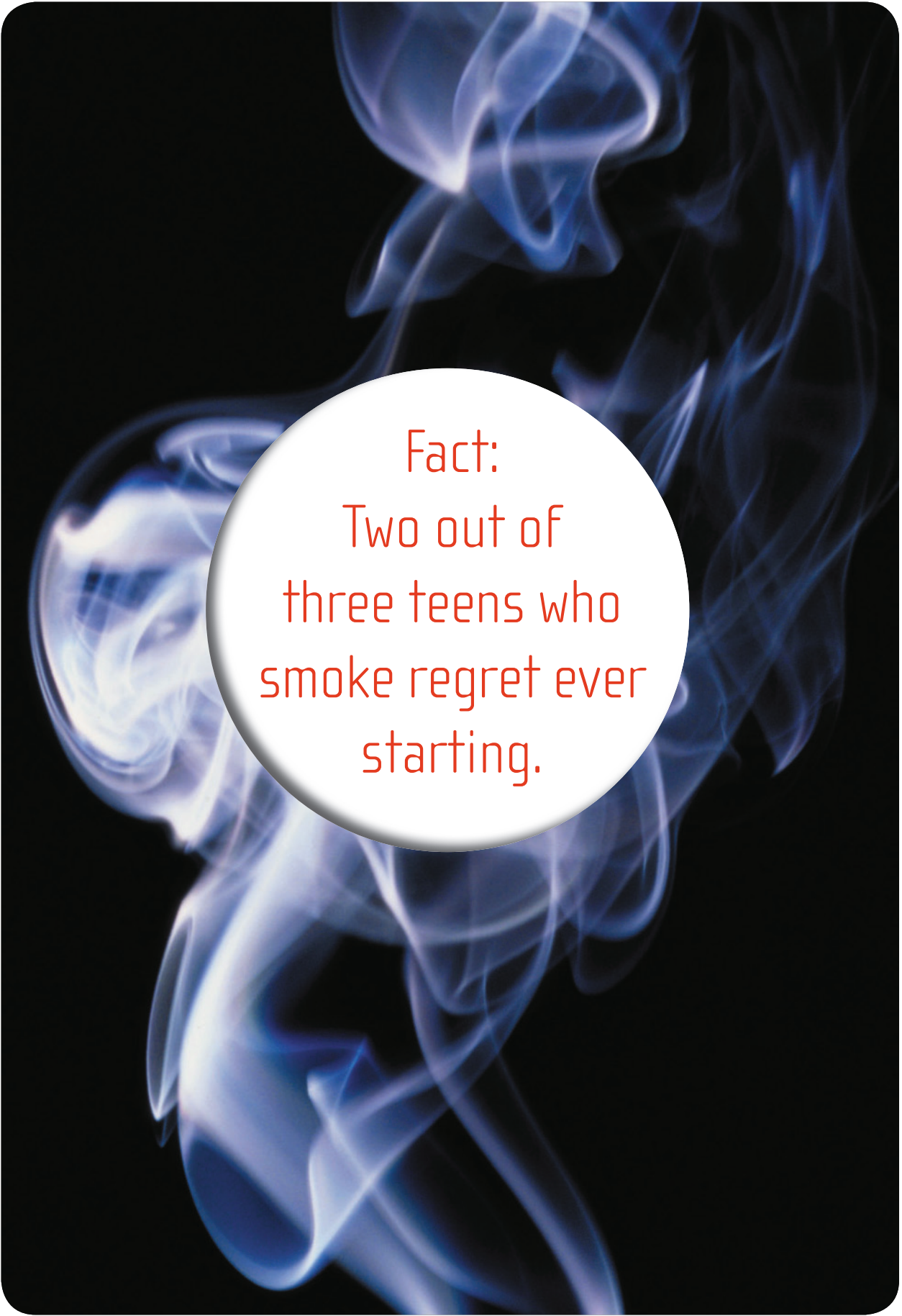


Smoking: what every teen should know.

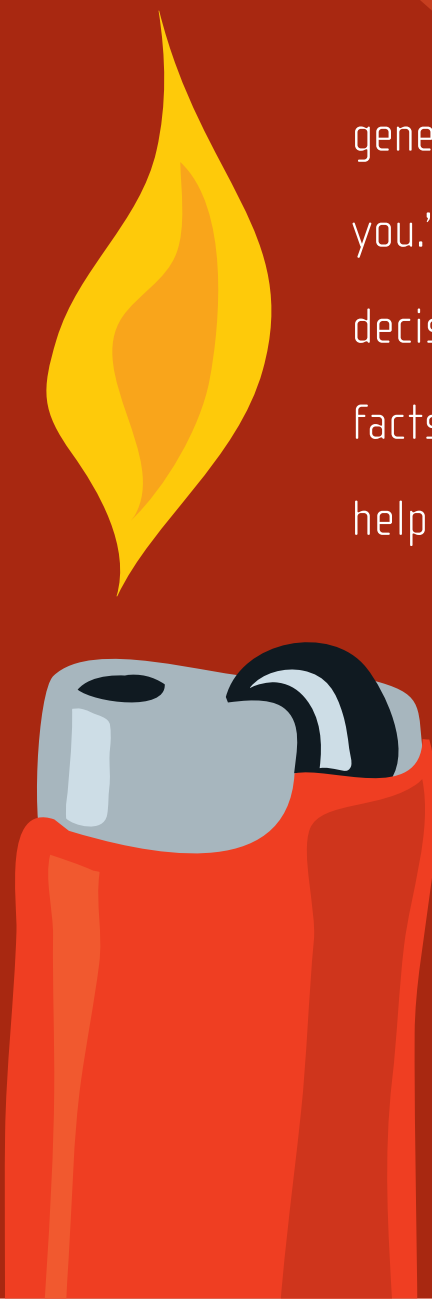
Air it Out.



A close-up photograph of blue smoke rising from a cigarette, set against a black background. The smoke is wispy and translucent, with some darker blue areas where it is more concentrated.

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

To smoke or not to smoke.

A stylized illustration of a lit cigarette. The cigarette is red with a silver filter. A bright yellow flame is shown above the tip of the cigarette. The background is a solid red color with some darker red curved lines.

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.