

Manitoba Addictions Awareness Week

Help Someone Quit **SMOKING**

Smoking - Activity 1

Design a Greeting Card

Design a greeting card asking someone you care about to please quit smoking. Do some research to learn about some of the benefits of quitting tobacco use. If you have Internet access, you can get ideas at:

www.tobaccofacts.org

www.lung.ca/children/

www.smoke-free.ca

Your card should:

- ✂ Tell the person *why* you want them to quit (because you don't want them to get sick, because their cigarette smoke is making *you* sick, or whatever reasons are important to you.)
- ✂ Tell the person about some of the **good things** that will happen when they stop smoking: how they will feel better, save money, have healthier children, or whatever is important to you.
- ✂ Tell the person what you are willing to do to **help** them quit.

