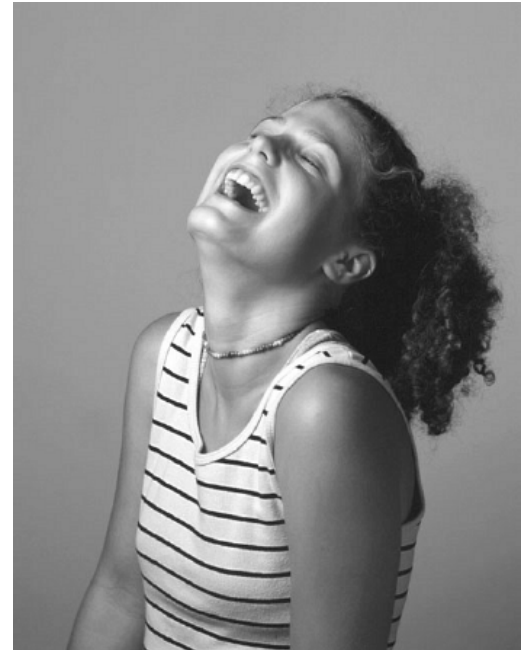


KICK BUTTS GENERATION



Good reasons to quit...

- ✓ save some money
- ✓ look and feel somewhat healthier
- ✓ have a better chance of dating a non-smoker
- ✓ enjoy fresher breath
- ✓ your clothes and hair won't stink
- ✓ save your skin from premature wrinkles
- ✓ savor all the flavors in your food
- ✓ miss less school and work
- ✓ if you quit you will generally be as healthy as a nonsmoker after a few years



Helpful hints for quitting...

- ✓ quit with a friend
- ✓ set a date and stick to it – deadlines work!
- ✓ take time to learn about what smoking does to your body
- ✓ stop buying cigarettes so accessibility is difficult
- ✓ cut down slowly on the number of cigarettes you smoke
- ✓ quitting cold turkey may work better for some people because withdrawal symptoms go away more quickly if you quit all at once instead of cutting down
- ✓ think about what situations cause you to smoke and who you smoke the most with and try to avoid those situations and people when you first try to quit
- ✓ quit aids may be available to make quitting easier so talk to your doctor
- ✓ For more on quitting call **Delaware Smoking Quitline: 1-800-409-1858**

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