

**STOP  
SMOKING!**



**Drinking alcohol**

**Smoking**

**Drugs**

**Bad habits**

**Physical inactivity**

**Irregular meals**

**Why do  
young people  
start  
smoking?**



Some say they smoke in order

to relax

to rest

5%

5%

Some think it looks cool

70%

## Reasons of smoking

to distract from their daily stress

6%

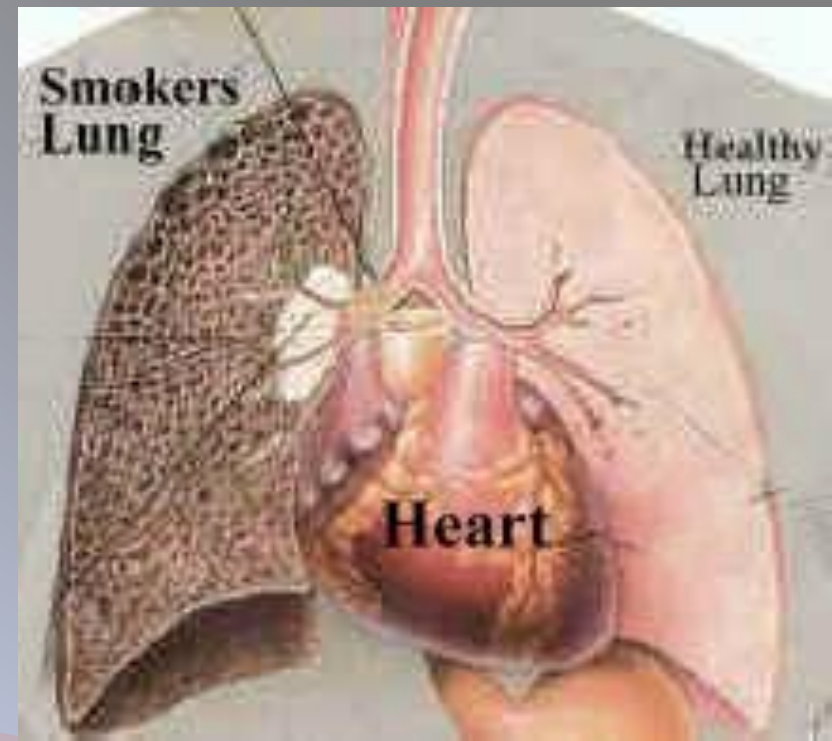
because their family members  
or friends smoke

14%

# Which diseases are caused by smoking?



# Heart disease

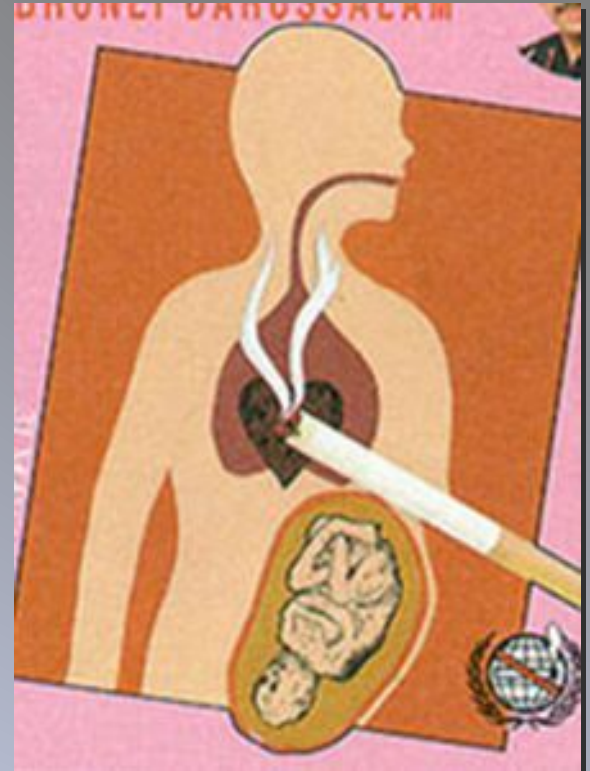




# Blood disease



# Risk of cancer





# Problems with Lungs

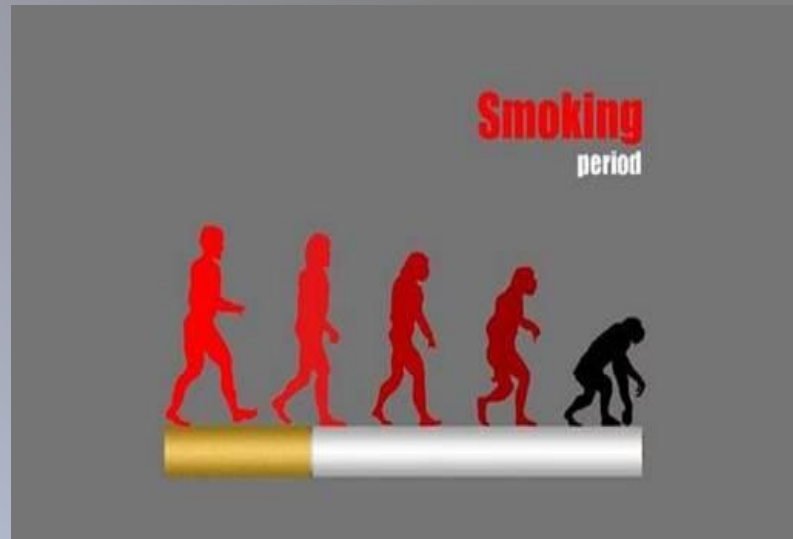


# Slow reactions

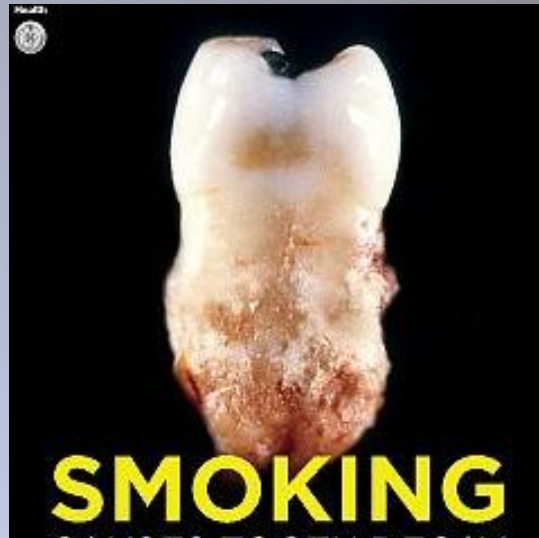


# Loss of memory

**Problems with  
memory  
and reactions**



# Tooth/gums disease



# Vocabulary

Reasons – причины

Distracted – отвлекаться

Diseases – болезни

To relax – расслабляться

Habit – привычка

Tooth – зубы

Memory – память

it looks cool – выглядит круто

Blood – кровь

Risk of cancer – риск рака

Lungs – легкие

Smoking – курить

Drinking alcohol – пить алкоголь

Slow – медленный

Heart – сердце

Daily stress – ежедневный стресс



**Be healthy,  
wealthy  
and wise!**