



**CENTENE**  
Corporation

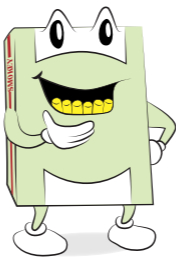


# SMOKEY YUCKPAK!



WRITTEN &  
CREATED BY  
MICHELLE  
BAIN







HI THERE, KIDS!  
LET'S SEE WHAT YOU KNOW ABOUT SMOKING.

ANSWER THE QUESTIONS AND THEN AFTER THE STORY WE WILL CHECK WHAT YOU KNOW AGAIN!

### PRE-TEST

TAKE THE PRE-TEST WITH DARBY BOINGG!  
ANSWER THE QUESTIONS TRUE OR FALSE.

1. SMOKING ONLY HURTS SMOKERS.

TRUE  FALSE

2. CIGARETTES CONTAIN MANY CHEMICALS.

TRUE  FALSE

3. SMOKING IS A GOOD WAY TO CLEAN YOUR TEETH AND BREATH.

TRUE  FALSE

4. IT COSTS A LOT OF MONEY TO SMOKE.

TRUE  FALSE

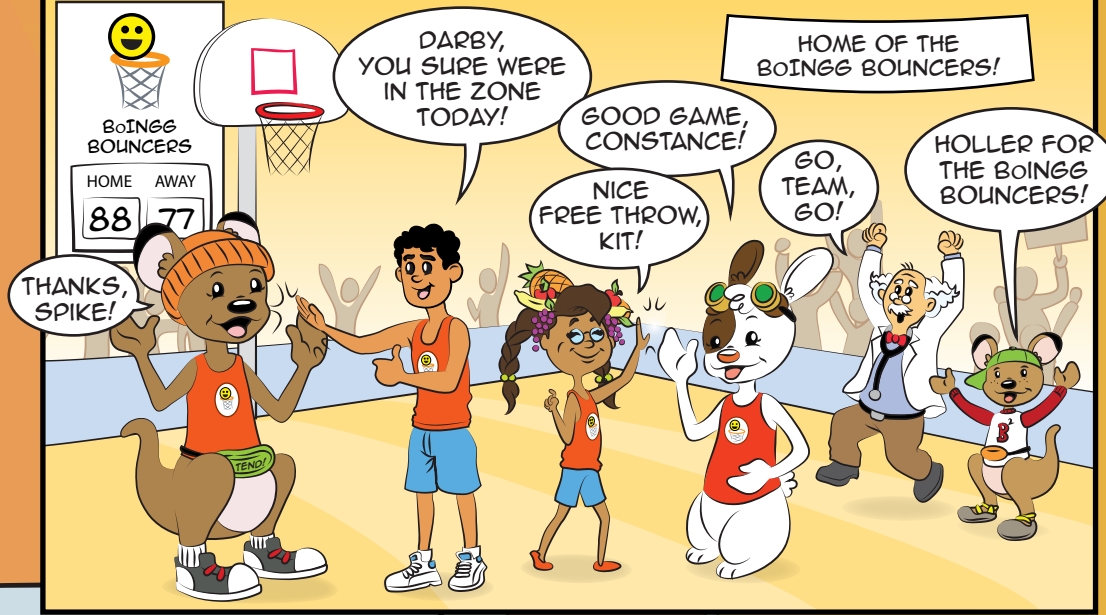
5. ONCE YOU START SMOKING, YOU CAN NEVER QUIT.

TRUE  FALSE

WE'LL FIND THE ANSWERS AT THE END OF OUR ADVENTURE!

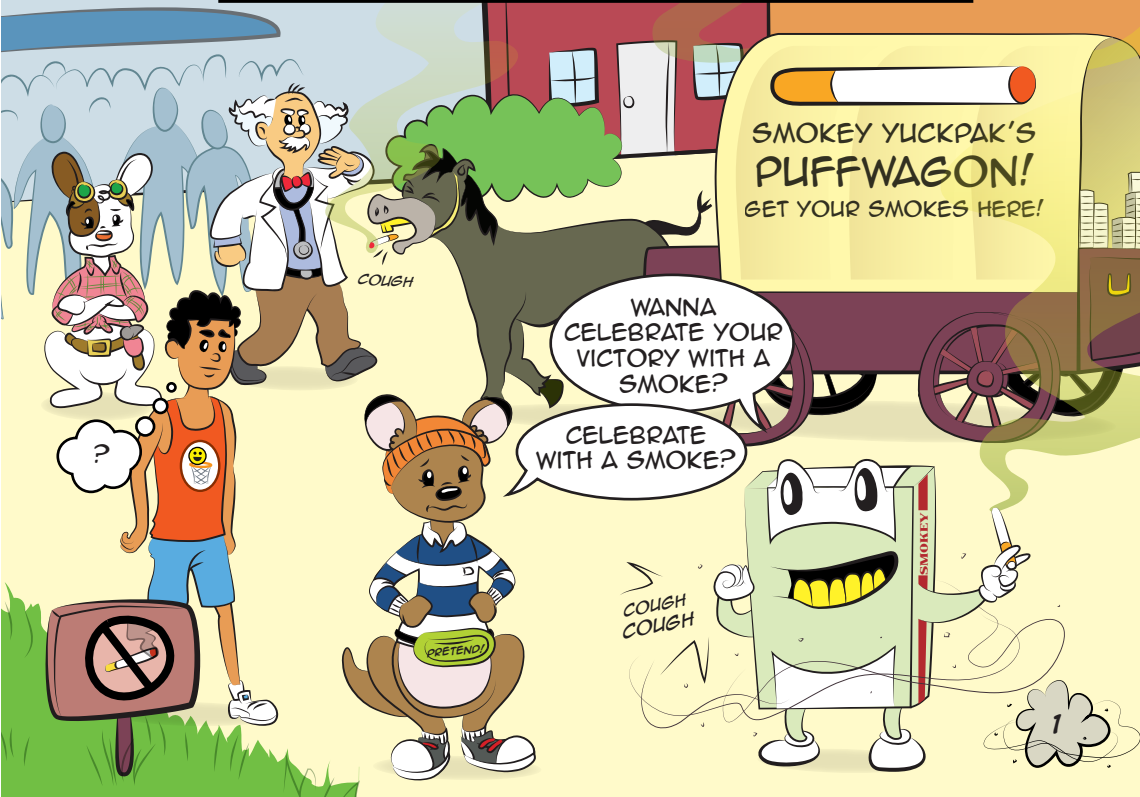
**DISCLAIMER.** This book provides general information about smoking and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional, or medical concerns.

DARBY BOINGG AND HIS TEAM, THE BOINGG BOUNCERS, JUST FINISHED AN EXCITING GAME!

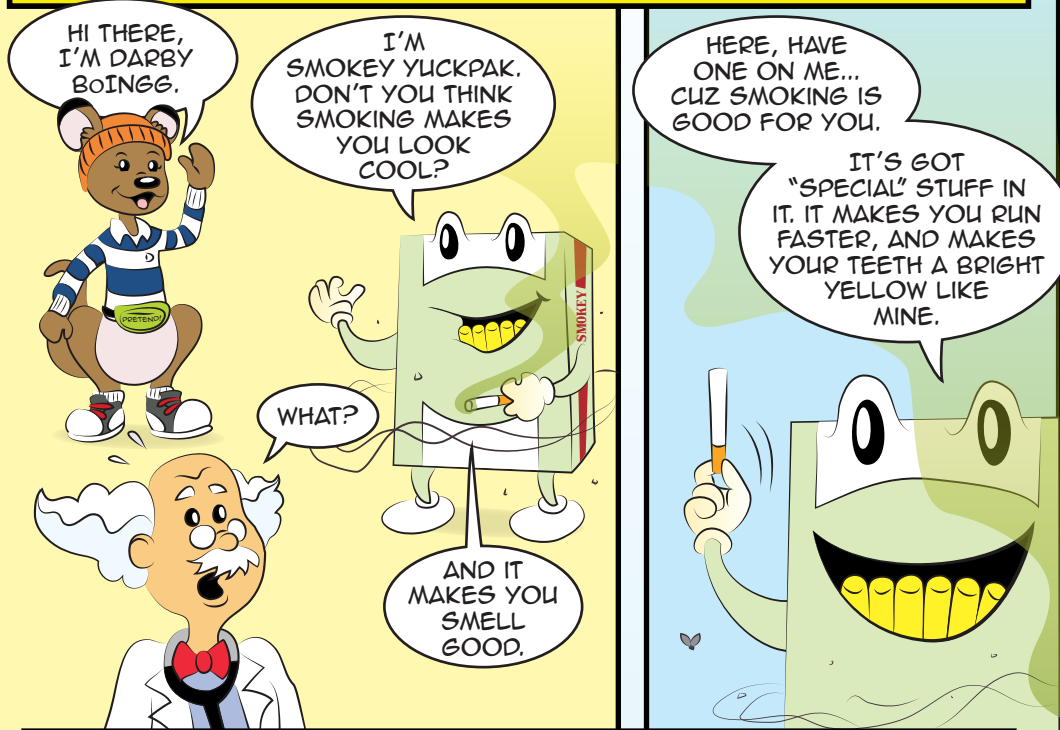


CLAYTOWN SPORTS CENTER

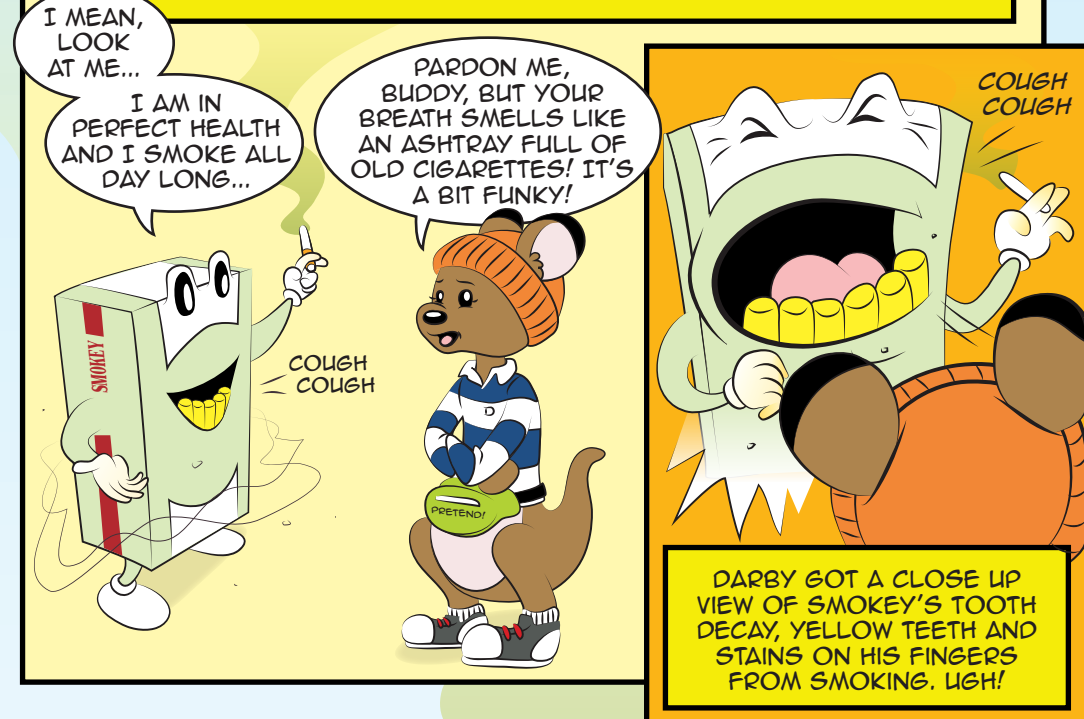
BUT AFTER THE GAME, SMOKEY YUCKPAK TRIED TO GET THE BOINGG BOUNCERS TO SMOKE CIGARETTES!



**SMOKEY SEEMED NICE ENOUGH ON THE OUTSIDE, BUT ON THE INSIDE HE WAS QUITE A PUFFY CHARACTER!**



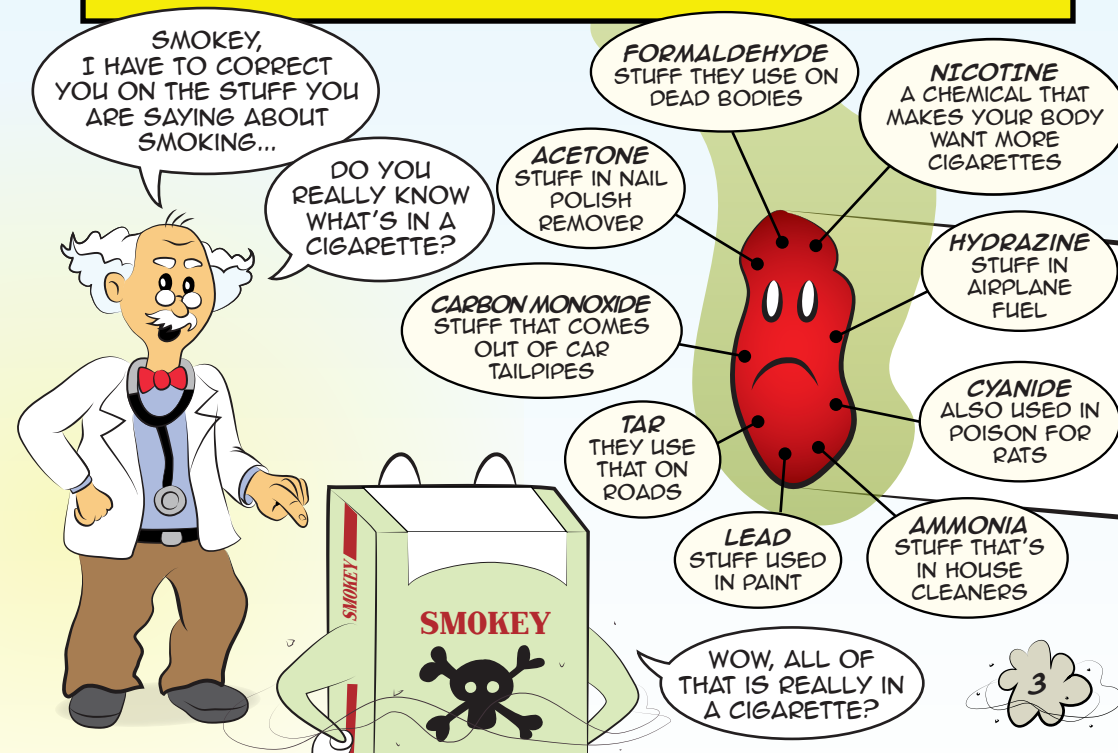
**DARBY BOINGS WAS NEVER ONE TO BE RUDE OR MEAN, BUT SMOKEY SMELLED A BIT FUNKY!**



**THE BOINGS BOUNCERS, WHO LIKE TO BE HEALTHY, TOLD THEIR NEW FRIEND SMOKEY...**

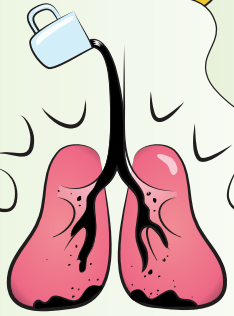


**DR. VON WHEEZLES WANTED TO BE POLITE TO SMOKEY YUCKPAK, BUT HE KNEW CIGARETTES ARE BAD FOR YOU.**



DR. VON WHEEZLES LIFTED THE "CLOUD OF SMOKE" TO EDUCATE THE GROUP WITH "NO FILTER."

SMOKING CAUSES BREATHING PROBLEMS AND IS BAD FOR YOUR LUNGS.



IN A YEAR'S TIME, THE AVERAGE SMOKER WILL PUT A CLIP OF TAR INTO HIS OR HER LUNGS.



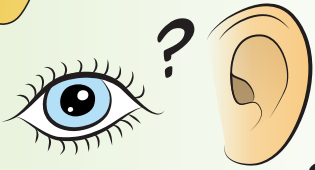
SMOKING HURTS YOUR HEART AND BRAIN.

DO YOU KNOW WHAT SMOKING DOES TO YOU?

SMOKING CAN CAUSE CANCER!



SMOKING CAN CAUSE CANCER OF THE MOUTH, TOOTH DECAY, GUM DISEASE, AND REALLY YUCKY YELLOW TEETH!



SMOKING CAN CAUSE VISION LOSS AND HEARING LOSS.



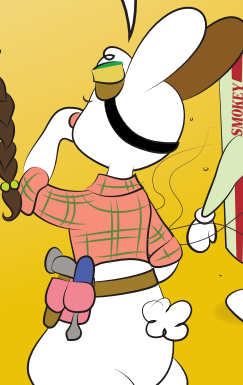
YUCK! TAR BELONGS ON ROADS, NOT IN YOUR LUNGS!

GROSS!

EWV!

I DIDN'T KNOW ALL THIS.

SICK!



DARBY BOINGS TOLD THE BOINGS BOUNCERS AND SMOKEY SOME OTHER YUCKY THINGS ABOUT SMOKING.

IT DOESN'T MAKE "CENTS" TO SMOKE! CIGARETTES COST A LOT!

SMOKING CAUSES FIRES.

CIGARETTE BUTTS CREATE MORE TRASH AND CAUSE HARMFUL POLLUTION.

SECONDHAND SMOKE CAN CAUSE CANCER IN NON-SMOKERS.

CIGARETTE SMOKE STINKS UP YOUR CLOTHES, YOUR CAR, YOUR HOME AND YOU!

THESE ARE ALL TRUE!

WOW!

SMOKING IS BAD!

SERIOUSLY?



WELL, EMPTY MY ASHTRAY! I DIDN'T KNOW ALL THAT BAD STUFF! I THOUGHT SMOKING MADE ME LOOK COOL AND SMELL GOOD!

SAY "NOPE" TO SMOKE



IF A FRIEND OFFERS ONE, BE STRONG AND SAY NOPE TO SMOKE!

"NOPE, I DON'T WANT TO SMELL LIKE SMOKE!"

"NOPE, I WANT TO FILL MY LUNGS WITH CLEAN AIR."

"NOPE, I DON'T THINK SMOKING IS FOR ME."

"NOPE, I DON'T THINK MY PARENTS WOULD LIKE THAT."

"NOPE, I DON'T THINK MY COACH WOULD LIKE IT."



WELL, NOW THAT YOU KNOW, YOU CAN PUT THE CIGARETTE DOWN AND DO HEALTHY THINGS INSTEAD.

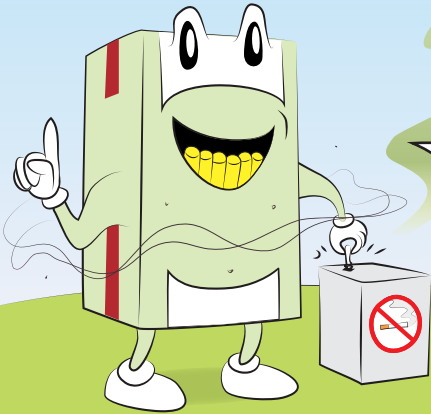
**SMOKEY HAD HEARD ENOUGH AND HE WAS GLAD THE BOINGS BOUNCERS HAD SAID "NOPE" TO SMOKING CIGARETTES.**

I'VE SMOKED MY WHOLE LIFE BUT TODAY IS A PERFECT DAY TO QUIT.

THAT'S SUPER COOL, SMOKEY!

ONLY THING IS I MAY HAVE TO CHANGE MY NAME.

TO WHAT?



**SMOKEY THOUGHT FOR A MINUTE BECAUSE HE KNEW HIS NEW NAME HAD TO BE SPECIAL...**

WELL, I WAS THINKING MANNY THANKS.

AND GO BY M.T.

HEY GUYS, LET'S GIVE A GROUP HI-FIVE TO OUR NEW SMOKE-FREE FRIEND, M.T. YUCKPAK (OR EMPTY YUCKPAK, THAT IS)!

HOORAY!

YEAH!



WELL, MANY WELCOMES TO YOU. WE WANT YOU TO BE HAPPY AND HEALTHY!

**THEY ALL CHEERED EVERYONE'S DECISION TO SAY NOPE TO SMOKE!**

**THINGS YOU CAN'T DO WHILE SMOKING**



SMOKING RUINS TASTE BUDS AND MAKES EVERYTHING TASTE BAD!



IF SOMEONE OFFERS YOU A CIGARETTE, JUST SKIP IT!



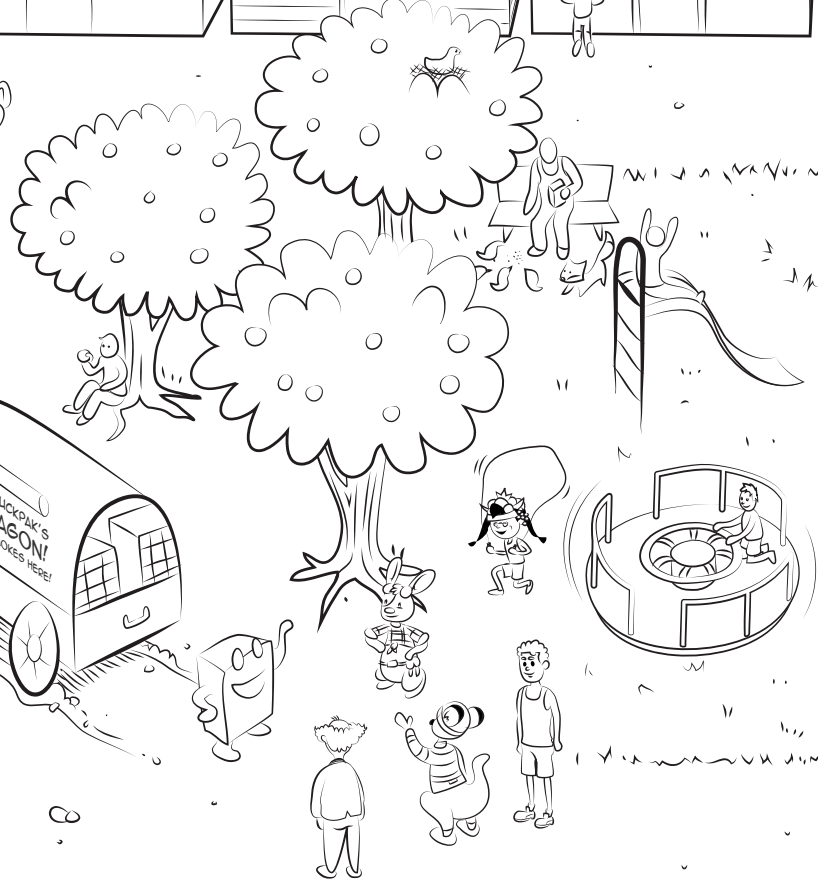
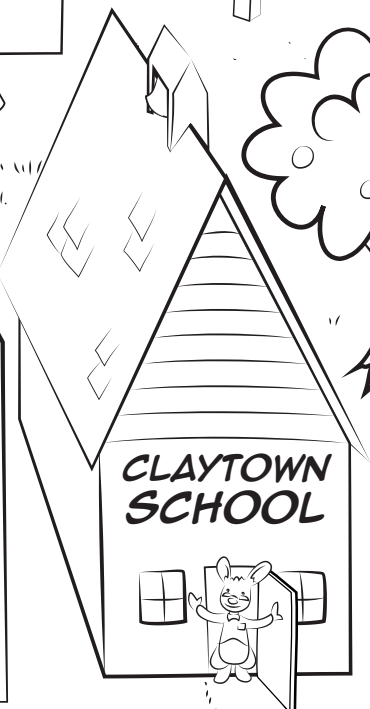
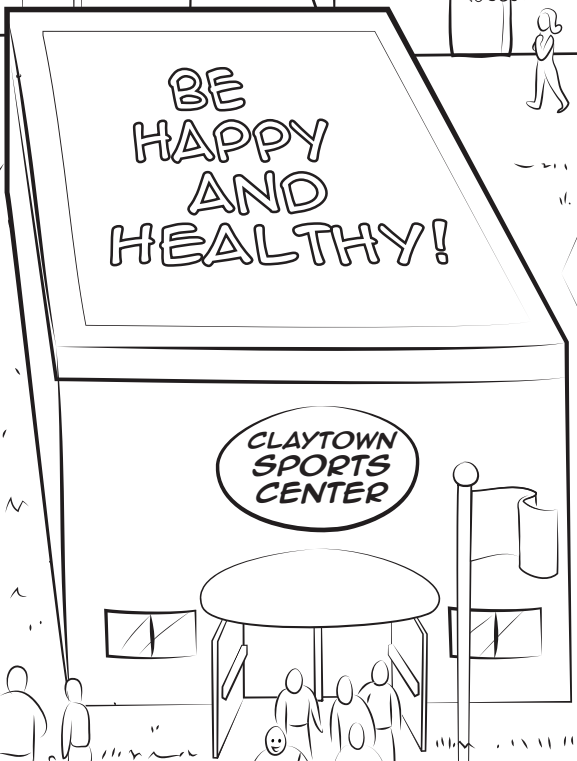
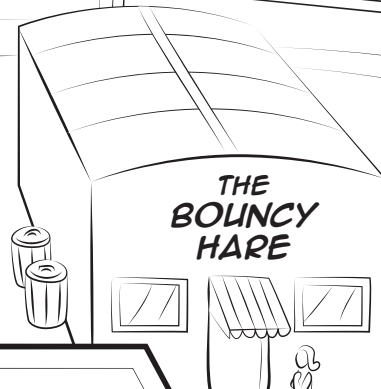
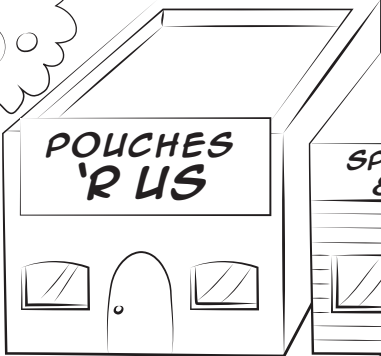
SMOKING CAN DAMAGE YOUR VOICE AND LEAVE YOU FLAT!



BREATHE IN CLEAN AIR, NOT RE-CYCLED SMOKE!



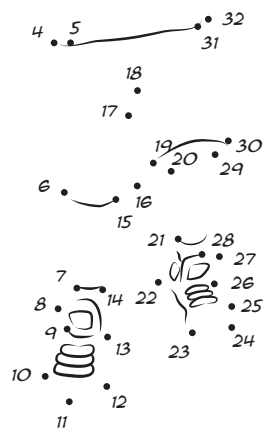
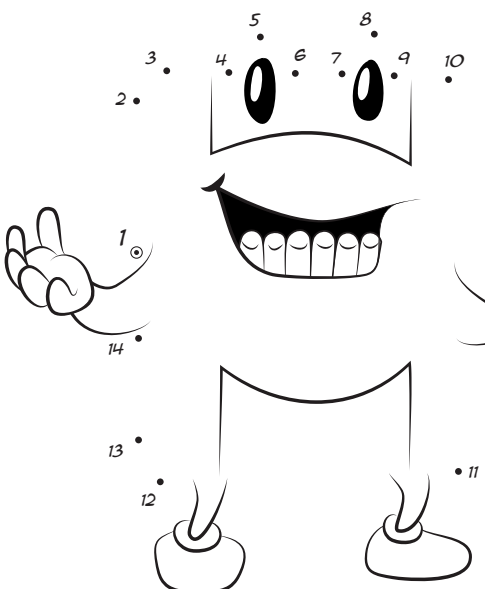
YOU CAN'T REACH THE PEAK WITH A PACK OF SMOKES!



**CONNECT THE DOTS...  
THEN COLOR THE CHARACTERS!**

JUST SAY "NOPE" TO SMOKE!

YEP, ME TOO!  
I AM AN EMPTY YUCKPAK NOW!  
NO MORE SMOKES FOR ME!



JUST THINK OF ALL THE HEALTHY THINGS THESE TWO CAN DO INSTEAD OF SMOKING!

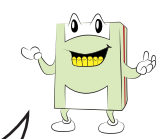
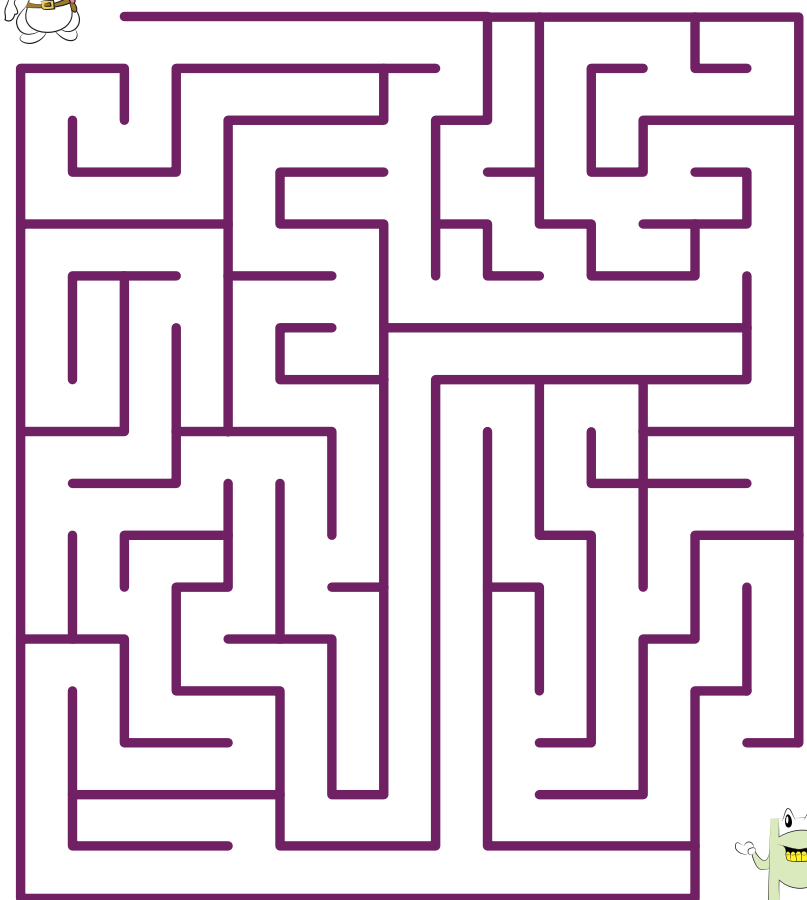
RUNNING, PLAYING, SPENDING TIME WITH FAMILY, PLAYING AN INSTRUMENT AND READING ONE OF MY BOOKS!



**HELP KIT SPROCKETTE FIND  
M.T. YUCKPAK AT THE END OF THE MAZE.**



M.T. YUCKPAK... WHERE ARE YA?



COME ON DOWN, KIT! WE ARE SMOKE-FREE AROUND THESE PARTS!



**FIND 10 DIFFERENCES BETWEEN THE PICTURES AND CIRCLE THEM!**



**CIRCLE ALL OF THE BAD THINGS THAT SMOKING CIGARETTES CAN DO!**

STINKY CLOTHES

POLLUTION

RUN FASTER

CANCER OF THE MOUTH

TOOTH DECAY

FRESH BREATH

YELLOW TEETH

HEARING LOSS

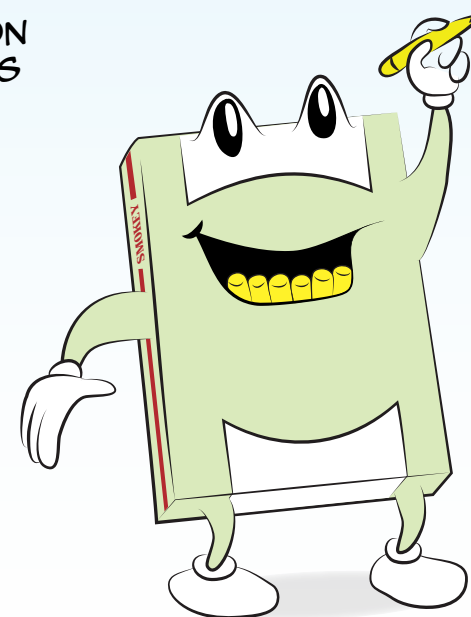
MAKE YOU RICH

HURT YOUR HEART

BREATHING PROBLEMS

VISION LOSS

GUM DISEASE



SAY THE NAME OF EACH PICTURE. WRITE EACH WORD ON THE LINE. THEN CIRCLE THE WORDS HIDDEN IN THE PUZZLE.



cigarettes

c



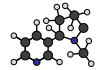
smoke

s



lungs

l



nicotine

n



yuckpak

y



tar

t



breathe

b

J L U N G S M I I M  
 Q O J N E M F E W R  
 N S L I M O I S R P  
 I G P S B K I N L Z  
 C I G A R E T T E S  
 O Z Y U C K P A K X  
 T H B R E A T H E Z  
 I H Y H I G E E F N  
 N H B S E D O C L P  
 E R M T A R I E Y G

## WHO CAN YOU HELP QUIT SMOKING?

DO YOU KNOW SOMEONE WHO SMOKES?

MAYBE IT'S A PARENT, AN AUNT OR UNCLE, AN OLDER BROTHER OR SISTER.

YOU CAN HELP THEM QUIT SMOKING! TELL THEM HOW BAD SMOKING IS FOR THEM.

OR CUT OUT THIS HELPFUL FORM AND GIVE IT TO THEM.



I CARE ABOUT YOU.

I CARE ABOUT YOUR HEART, YOUR LUNGS, YOUR VOICE AND EVEN YOUR TEETH. SMOKING IS BAD FOR YOU AND ALL THOSE PARTS THAT MAKE UP YOU.

PLEASE DON'T SMOKE.

KICK THE SMOKING HABIT AND GO FOR A WALK. LIVE LONGER AND HAVE MORE TIME TO ENJOY LIFE!

WHY?  
 BECAUSE I CARE ABOUT YOU.






# Pledge to say "nope" to smoke.

I'LL STAY SMOKE-FREE  
AND BREATHE IN CLEARLY,  
I'LL VALUE MY HEALTH  
AND MY WELL-BEING DEARLY.

IF OFFERED A CIGARETTE,  
I'LL JUST SAY NOPE,  
I'D RATHER RIDE BIKES  
OR PLAY SPORTS OR JUMP ROPE!

THERE ISN'T ONE GOOD THING  
THAT COMES OUT OF SMOKING,  
JUST COUGHING AND GAGGING  
AND STINKING AND CHOKING.

SO HERE I DO PLEDGE  
TO STAY SMOKE-FREE FOREVER,  
AND NEVER START SMOKING,  
NOT EVER, NOPE, NEVER!



I TOOK THE  
SMOKE-FREE  
PLEDGE.

Darby BoIngg  
DARBY BOINGS

X SIGN \_\_\_\_\_



NOW LET'S SEE  
WHAT YOU'VE  
LEARNED AFTER  
THE STORY, KIDS!

## POST-TEST

TAKE THE POST-TEST WITH DARBY BOINGG!  
ANSWER THE QUESTIONS, TRUE OR FALSE.

1. SMOKING ONLY HURTS SMOKERS.

TRUE  FALSE

2. CIGARETTES CONTAIN MANY CHEMICALS.

TRUE  false

3. SMOKING IS A GOOD WAY TO CLEAN YOUR TEETH AND BREATH.

TRUE  FALSE

4. IT COSTS A LOT OF MONEY TO SMOKE.

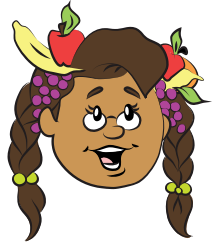
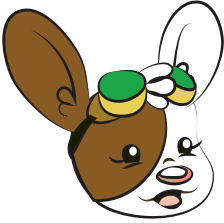
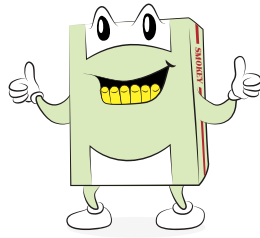
TRUE  FALSE

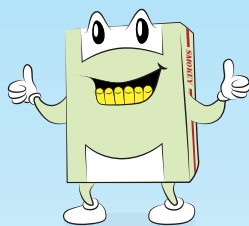
5. ONCE YOU START SMOKING, YOU CAN NEVER QUIT.

TRUE  FALSE

FLIP OVER TO SEE THE ANSWERS!

1.) FALSE 2.) TRUE 3.) FALSE 4.) TRUE 5.) FALSE





## CONGRATULATIONS, FRIENDS!

YOU'VE LEARNED ABOUT THE DANGERS OF SMOKING AND KNOW HOW TO SAY NOPE TO SMOKE!

REMEMBER YOUR PLEDGE AND STAY HEALTHY AND SMOKE-FREE. LIVE LONGER, HEALTHIER, CLEANER AND LIVELIER BY STAYING AWAY FROM CIGARETTES.

YOUR FRIENDS,  
DARBY BOINGS &  
M.T. YUCKPACK  
(PREVIOUSLY SMOKEY YUCKPAK)



MADE IN  
THE USA

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+ ANDREA HYON TAYLOR

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KEEP THE PLANET  
HEALTHY! THIS BOOK  
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