



**CENTENE**  
Corporation



# SMOKEY YUCKPAK!



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CREATED BY  
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BAIN



## PROACTIVE PARENTS/GUARDIANS GUIDE



DEAR PROUD PARENT/GUARDIAN, DARBY BOINGG HERE WITH A HANDY LITTLE BOOK TO TEACH YOUR KIDS ABOUT SMOKING. IN THIS STORY, WE HELP TEACH THE DANGERS OF THIS NASTY AND HARMFUL HABIT. SMOKING IS A SERIOUS SUBJECT, AND EDUCATING YOUR KIDS ABOUT THE TRUTH IS REAL IMPORTANT. WE'LL CLEAR THE AIR SO YOU DON'T CHOKE WHEN IT COMES TIME TO DISCUSS THE MATTER WITH YOUR TERRIFIC KIDS!



Darby Boingg

**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.



WHEN A NEW FRIEND MEETS DARBY AND THE BOINGG BOUNCERS, IT'S CLEAR HE'S A LITTLE CLOUDY ON HIS FACTS ABOUT CIGARETTES.

THERE ARE MANY MYTHS ABOUT SMOKING THAT NEED TO BE CLEARED UP. SMOKEY YUCKPAK'S IDEAS ARE PRETTY DARN FOGGY!

I'M  
SMOKEY YUCKPAK.  
DON'T YOU THINK  
SMOKING MAKES  
YOU LOOK  
COOL?

I'M IN PERFECT  
HEALTH AND I  
SMOKE ALL DAY  
LONG!

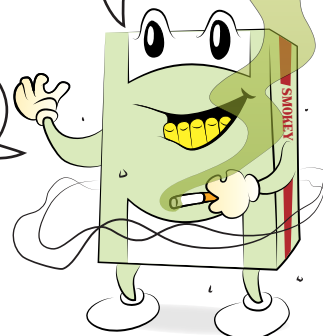
SMOKING  
MAKES YOU  
FEEL GOOD.

CIGARETTES HAVE  
SPECIAL STUFF IN  
THEM THAT MAKES  
YOU RUN FASTER.

SMOKING IS  
GOOD FOR YOUR  
TEETH AND YOUR  
BREATH.

SMOKING  
SOOTHES  
YOUR THROAT.

EVERYBODY ELSE  
IS DOING IT SO  
WHY SHOULDN'T  
YOU?



**SMOKEY YUCKPAK**



DARBY BOINGG'S FRIENDS OFFER  
SOUND ADVICE ON THE TRUTH  
ABOUT SMOKING.

SMOKING IS BAD  
FOR MANY PARTS  
OF YOUR BODY!

I KNOW  
APPLES ARE GOOD  
FOR YOU BUT I  
KNOW CIGARETTES  
AREN'T.

CIGARETTES  
BURN AND HAVE  
BAD CHEMICALS  
IN THEM.

SMOKING  
DOESN'T HELP  
YOU RUN OR  
PLAY SPORTS  
BETTER.

SMOKING  
MAKES YOUR  
TEETH YELLOW  
AND GIVES YOU  
FUNKY BREATH!  
EWWW!

SMOKEY

SMOKEY

YOU DON'T HAVE TO BE A DOCTOR TO  
TEACH YOUR CHILDREN THE HARMFUL  
THINGS CIGARETTES CAN DO TO PEOPLE.

## SMOKING CAN...

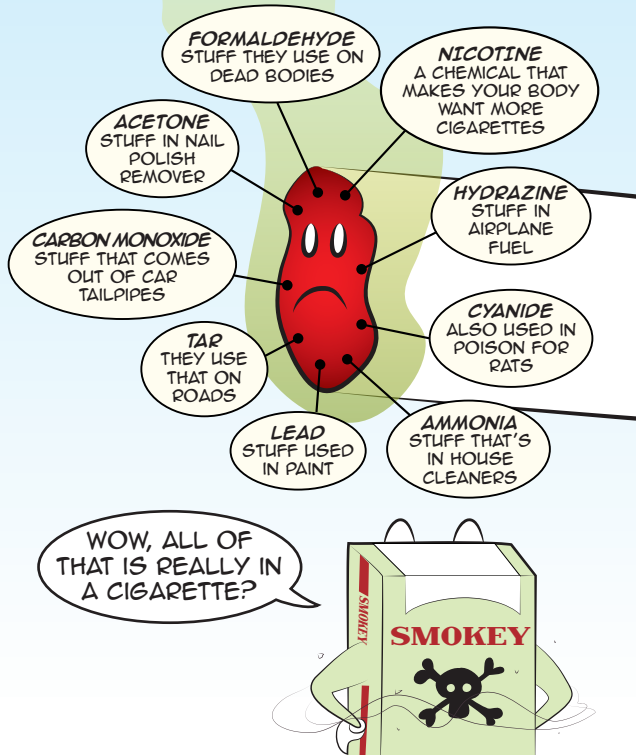
- ★ INCREASE THE CHANCE FOR A HEART ATTACK
- ★ INCREASE THE CHANCE FOR A STROKE
- ★ INCREASE THE CHANCE FOR LUNG CANCER
- ★ RAISE YOUR BLOOD PRESSURE
- ★ MAKE IT DIFFICULT TO BREATHE
- ★ INCREASE ANXIETY
- ★ MAKE YOU MORE TIRED WHEN WALKING OR EXERCISING
- ★ STAIN YOUR TEETH, FINGERS, CLOTHING
- ★ MAKE YOU COUGH AND GIVE YOU A SORE THROAT
- ★ CAUSE TOOTH DECAY
- ★ DECREASE YOUR APPETITE AND SENSES OF SMELL AND TASTE
- ★ COST YOU LOTS OF MONEY
- ★ CAUSE PREMATURE WRINKLING

OH DEAR! I'M  
GOING TO NEED  
A BIGGER  
BOARD!

2

3

**CIGARETTES CONTAIN MORE THAN 4,000 CHEMICALS, MANY OF THEM HARMFUL AND CANCER-CAUSING.**



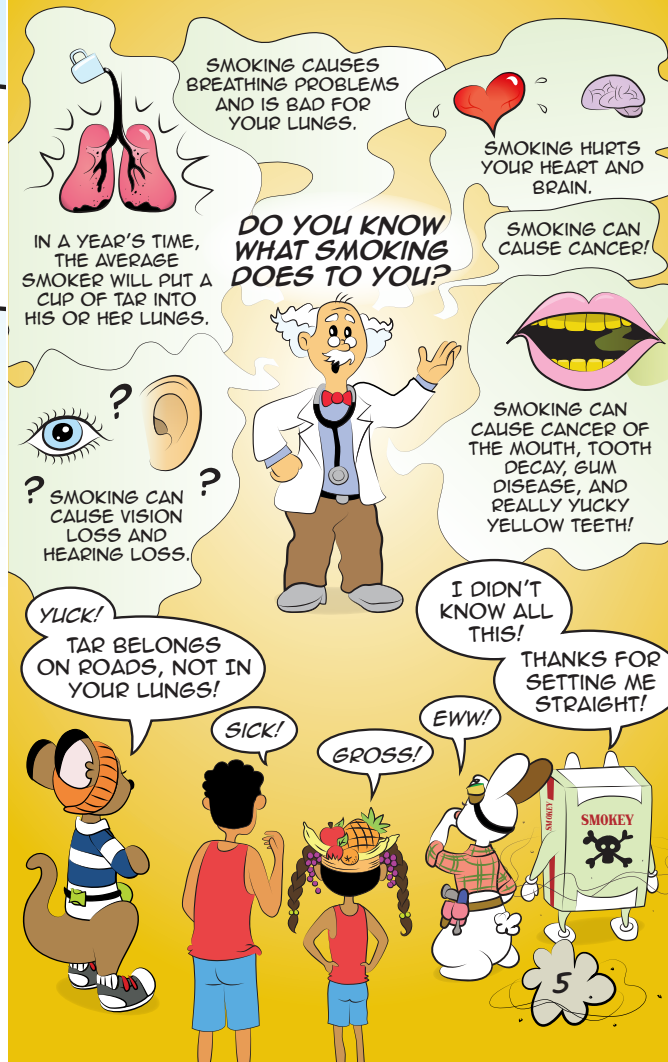
**YES. AND THESE TOO...**

**BENZENE** (A KNOWN CARCINOGEN)  
**ARSENIC** (A RAT POISON)  
**BUTANE** (CIGARETTE LIGHTER FLUID)  
**SULFURIC ACID** (FOUND IN CAR BATTERIES)  
**METHOPRENE** (A PESTICIDE)  
**CAFFEINE** (A STIMULANT)  
**UREA** (FOUND IN THE URINE OF MAMMALS)



**IT'S IMPORTANT FOR KIDS TO KNOW THE DANGERS OF SMOKING AND WHAT IT CAN DO TO YOUR BODY.**

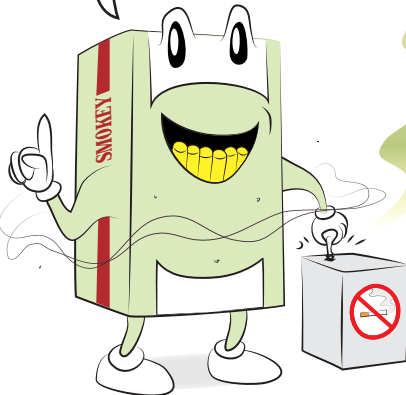
**DR. VON WHEEZLES LIFTED THE "CLOUD OF SMOKE" TO EDUCATE THE GROUP WITH "NO FILTER."**



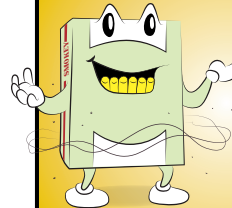
TALK TO YOUNGER KIDS ABOUT THE RISK OF DEATH FROM CIGARETTE SMOKING. IT COULD BE INFORMATIVE FOR THEM TO KNOW WHAT DISEASES THE HABIT CAN CAUSE.

- **CHRONIC BRONCHITIS** (INFLAMMATION OF THE BREATHING TUBES IN THE LUNGS)
- **LARYNGITIS** (INFLAMMATION OF THE THROAT)
- **EMPHYSEMA** (A DEGENERATIVE LUNG DISEASE THAT DESTROYS THE ABILITY TO BREATHE)
- **CANCER OF THE LUNGS, MOUTH AND ESOPHAGUS.**
- **HEART DISEASE** (HEART ATTACK)

SMOKING CAN LEAD TO A PACK OF TROUBLE! IF YOU'VE NEVER SMOKED, DON'T START!



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



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



TEACHING KIDS THE DIFFERENCE BETWEEN HARMFUL HABITS AND HEALTHY HABITS SHOULD BE A NO-BRAINER! TAKE A LOOK AT THIS LIST AND ADD YOUR OWN ENTRIES.

### HARMFUL HABITS

- SMOKING
- EATING JUNK FOOD
- WATCHING TOO MUCH TV
- NOT GETTING ENOUGH SLEEP

### HEALTHY HABITS

- EXERCISING
- EATING FRUITS & VEGGIES
- BRUSHING TEETH REGULARLY
- GETTING PLENTY OF REST

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# 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."

ENCOURAGE YOUR KIDS TO COME UP WITH THEIR OWN CATCHY PHRASES AND POSTERS TO HELP SPREAD THE TRUTH ABOUT THE DANGERS OF SMOKING.

CHIMNEYS ARE SUPPOSED TO SMOKE, NOT PEOPLE!



GIVE YOUR LUNGS AND HEART A BREATHER AND YOU WILL SMELL MUCH CLEANER!



PACK YOUR BACKPACK INSTEAD OF BUYING A "YUCKPAK!"



SAY NOPE TO SMOKE!



TEACH YOUR CHILDREN THE IDEA THAT SMOKING CAN AFFECT THEIR ABILITY TO PERFORM SOME ACTIVITIES TO THE BEST OF THEIR ABILITY.



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!

DISCUSS WITH YOUR KIDS OTHER ACTIVITIES MADE MORE DIFFICULT BY SMOKING, SUCH AS:

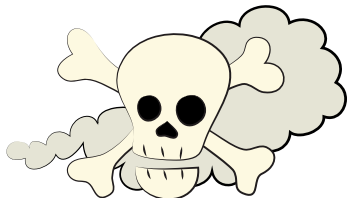
- RUNNING
- SWIMMING
- PLAYING SPORTS
- EXERCISING



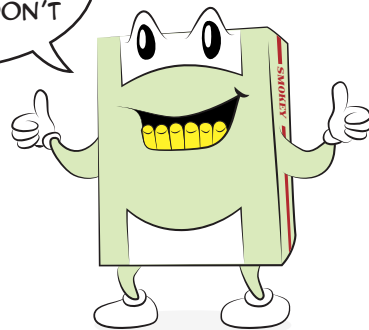


HERE ARE SOME GUIDELINES TO HELP PREVENT KIDS FROM SMOKING AND USING TOBACCO.

- KEEP TALKING TO YOUR KIDS ABOUT SMOKING AND ITS DANGERS. EVEN YOUNG CHILDREN CAN UNDERSTAND THAT SMOKING IS BAD AND CAN HURT THEIR BODIES.
- BE PATIENT AND LISTEN AS YOUR KIDS TALK TO YOU ABOUT SMOKING. HEAR WHAT APPEALS TO THEM ABOUT SMOKING AND WHAT THEY FIND UNAPPEALING.
- LET THEM KNOW IT'S OKAY TO WALK AWAY FROM FRIENDS WHO SMOKE AND DON'T RESPECT THEIR CHOICE NOT TO SMOKE.
- ENCOURAGE THEM TO PLAY SPORTS AND PARTICIPATE IN ACTIVITIES THAT DON'T ALLOW SMOKING.
- KEEP THE DISCUSSION POSITIVE. STRESS THE RIGHT THINGS TO DO RATHER THAN THE WRONG. REINFORCE THEIR SELF-CONFIDENCE, AS IT'S OFTEN THE BEST WEAPON AGAINST PEER PRESSURE.
- SET RULES IN YOUR HOME: NO SMOKING, NO CHEWING TOBACCO. TELL YOUR KIDS THAT SMOKERS SMELL BAD, LOOK SICK, FEEL ILL AND MISS OUT ON DOING FUN STUFF. SMOKING IS BAD FOR EVERYONE'S HEALTH.



WHEN IT COMES TO TALKING TO YOUR KIDS ABOUT SMOKING, DON'T CHOKE!



### **THINK ABOUT THIS:**

KIDS WHO USE TOBACCO ARE MORE LIKELY TO...

- COUGH A LOT, DEVELOP ASTHMA AND OTHER RESPIRATORY PROBLEMS.
- HAVE TROUBLE WITH ATHLETIC PERFORMANCE, AS SMOKING AFFECTS LUNG CAPACITY AND ENDURANCE.
- HAVE YELLOWED TEETH AND BAD BREATH, A BY-PRODUCT OF TOBACCO.
- SMELL BAD! CIGARETTE SMOKE STICKS TO CLOTHING, AS THE STRONG SMELL OF STALE SMOKE LINGERS FOR A LONG TIME.
- TRY OTHER DRUGS SUCH AS ALCOHOL, MARIJUANA AND COCAINE.
- BECOME ADDICTED TO TOBACCO AND HAVE A DIFFICULT TIME QUITTING.

## SMOKING BY THE NUMBERS

**34,000,000**

DOLLARS SPENT EACH DAY ON ADVERTISING  
BY THE CIGARETTE INDUSTRY

**443,000**

DEATHS PER YEAR FROM TOBACCO USE

**5,000**

AVERAGE COST IN DOLLARS SPENT IN A YEAR  
BY A SINGLE SMOKER

**4,000+**

NUMBER OF DIFFERENT CHEMICALS IN  
CIGARETTES

**3,450**

NUMBER OF YOUNG PEOPLE BETWEEN 12 AND  
17 YEARS OF AGE EACH DAY, WHO SMOKE  
THEIR FIRST CIGARETTE

**70**

PERCENTAGE OF SMOKERS WHO WANT TO  
COMPLETELY QUIT

**50+**

NUMBER OF KNOWN CARCINOGENS IN  
CIGARETTES

**33**

PERCENTAGE OF ALL CANCERS CAUSED BY  
TOBACCO USE

**21**

PERCENTAGE OF ADULTS WHO ARE SMOKERS

**13-14**

NUMBER OF YEARS ON AVERAGE THAT  
SMOKERS DIE EARLIER THAN NONSMOKERS

**1**

NUMBER OF ASTHMATIC 15-YEAR-OLD  
JAPANESE BOYS NEEDED TO CONVINCE THE  
CITY COUNCIL IN SHIZUOKA CITY, JAPAN, TO  
BAN SMOKING IN PUBLIC

### SOURCES:

[WWW.CDC.GOV/TOBACCO/DATA\\_STATISTICS/FACT\\_SHEETS/FAST\\_FACTS/INDEX.HTM](http://WWW.CDC.GOV/TOBACCO/DATA_STATISTICS/FACT_SHEETS/FAST_FACTS/INDEX.HTM)  
[WWW.INFORESEARCHLAB.COM/SMOKINGSTATS.CHTML](http://WWW.INFORESEARCHLAB.COM/SMOKINGSTATS.CHTML)

TALK TO YOUR KIDS ABOUT WHO YOU  
CAN HELP TO QUIT THE DANGEROUS  
HABIT OF SMOKING. GETTING KIDS  
ACTIVE IN THE FIGHT AGAINST  
SMOKING WILL HELP THEM STAY ON THE  
RIGHT SIDE OF THE BATTLE.

### WHO CAN YOU HELP QUIT SMOKING?



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.



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TAKE THE PLEDGE TO SAY NOPE TO  
SMOKE WITH YOUR KIDS!

## 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

THUMBS UP JOHNNIE

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



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KEEP THE PLANET HEALTHY!  
THIS BOOK WAS PRINTED ON  
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