



## The Many Causes and Effects of Smoking

May Hampy

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Smoking is not a joke, although you see it on T.V., in comics, and maybe right in front of your face! You may see people holding signs saying SMOKING IS DUMB and that's the truth! Seventy-seven percent of people who smoke do it out of stress and peer pressure, but that's no excuse.

As General George Washington said, " Every puff is like a taste of death". In the first half of the twentieth century, movie stars, sports stars and even medical doctors endorsed cigarette smoking. Did you ever take a close look at the bottom of the cigarette box? Well, if you didn't this is what it says: SMOKING MAY CAUSE LUNG CANCER, HEART DISEASE AND MAY ALSO COMPLICATE PREGNANCY. Doesn't it shock you that these tobacco companies are giving you a warning!

I asked a couple of kids in sixth grade what they thought about smoking, and they all said it was stupid and it was a waste of time. But, that's not what an eighth grader said! He said, " It was cool." If he could get a chance, he would try it. Kids today need a chance to learn what smoking is all about and why they shouldn't smoke.

### How To Quit

List your reasons for quitting. List personally important reasons such as bad breath, embarrassment in front of the children, and so on.

- Emphasize immediate benefits. Focus on immediate rewards such as better breath, the morning cough, fresher clothes, and hair.
- Study your smoking habit. Keep a smoking diary to show when and under what circumstances you smoke (waking up, with coffee, with friends).
- Plan your quitting. Set a date several weeks in advance and plan ahead.
- Enlist the help of friends and family. Ask friends to not smoke in your presence.
- Get rid of all cigarettes and smoking accessories. Get rid of your favorite ashtrays at home and at work.
- Eat a better diet. Avoid high calorie foods (they give you cravings for cigarettes).
- Exercise more. Some people quit after they've started jogging, swimming, or any type of sport.
- Avoid situations linked to smoking. After eating dinner, don't smoke, go for a walk
- Reward yourself. Use the financial rewards of not spending money on smoking to buy yourself something that you've been wanting.



Information for this essay was obtained from the following books:

**Know about Smoking**, Hyde, M, Walker and Company, New York 1990.  
**A Risky Business- Smoking**, Prince, Laurence, Morrow Junior Books, New York, 1996.

## **Don't Smoke! Essay 2**

Tuck Finn  
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Have you ever seen an ad for cigarettes? You have to admit that the people in that ad do look like they are having fun. Did you notice that they never show you an "after photo"? The reason that the advertisers never you the "after photos" is that those people are ugly now that their body has had too many puffs.

It's hard to believe that one choice you might make will affect your life later on. Many people who smoke get addicted to nicotine, which is an ingredient in cigarettes. People want to stop smoking and their mind knows it is wrong but their bodies can't fight the urge to smoke. It might seem cool to smoke, but all the cigarette smoking will catch up to the smoker. Smokers will eventually have their teeth turn yellow. They may start coughing. They won't be able to breathe as well. Some people might even die! I see people that smoke. It smells to be around them. It takes five or six washes to get the smoke smell out of their clothes.

My Mom-Mom and Grandpop used to smoke. But then they had a friend die from [LUNG CANCER](#) which was caused by smoking. Now, my grandparents don't smoke. Whenever I think of that story, it reminds me what could happen if I make the wrong choice. I can't make your choice for you. I can't tell you what to do. But, I can warn you. Respect yourself, make your life easier. If you are like me and want to grow up healthy and have a career, than just say "No!".

by,  
Tuck Finn



## Don't Smoke! Essay 4

Bryan

Frances DeMasi Middle School, Marlton, NJ

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Hi. I am Bryan and this is a story about my grandfather and smoking. My grandfather had been smoking and didn't realize what effect it was having on him. When my grandfather went to the doctor, he told him that his lungs weren't too good. He started taking the medicine the doctor told him to and it started to help. Meanwhile my grandfather stopped smoking! The second time my grandfather went to the doctor, they put him on oxygen And that helped a lot. Now he is doing fine, he doesn't need to use the oxygen anymore. I hope that you can learn about what smoking can do to your life and to your body.

## Don't Smoke! Essay 5

J.B.

Frances DeMasi Middle School, Marlton, NJ

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There is something in the world that is hurting us all: DRUGS! One kind of drug that I am going to talk about is the drug found in cigarettes: nicotine. Cigarettes have bad things in them like tobacco and nicotine. Cigarettes can give you black lungs and lung cancer. [lung cancer](#) is a kind of cancer that starts from cigars and cigarettes. Lung cancer happens when you smoke. Your lungs get black and your rate of having lung cancer and a heart attack increases when you smoke cigarettes and cigars.

There is another problem with smoking called second-hand smoke. Second-hand smoke is when you breathe in smoke from someone else's cigarette or cigar. If friends or family smoke around you, and you breathe the smoke in, then you have an increased risk of getting cancer.

Some people argue that cigar smoke isn't breathed into their lungs so its not so bad, but they are forgetting about lip, mouth, and tongue cancer. These cancers are caused by cigar, and cigarette smoke. Lips become swollen, infected and you can't taste much.

If your family or friends smoke, here are some ways to get them to quit! Number one, if you are a risk taker, you can take their cigarettes and hide them until they stop smoking. Second, you can buy them gums or patches to help them quit. If these ideas don't work, convince them to go to a doctor and ask for help.

If you would like to know more about drugs and smoking go to your drug officer and don't be afraid to ask questions. If you don't have a drug officer, go to your teacher or library! I hope that you have learned from this not to smoke or do drugs of any kind.



## Don't Smoke! Essay 6

N.F.

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"Hey man, want a smoke?" that's what kids hear. Too often they say yes. Once they do, they're smokers for life.

If you're considering smoking, just remember they cost \$2.00 a pack. They'll cost you your health and maybe even your life. All those kids who smoke and think they're cool won't think that they're cool years from now when they are trying to get off cigarettes. I know a guy named Barry, he started smoking when he was 12. Now that he is a grown man, he and his wife wish they could stop but they can't. They have tried to quit many times, but when they do they get mad at each other and become really cranky. It was terrible. So, unfortunately, they had to go back to smoking, and to this day they're still smoking their lives away.

If you really don't want to smoke, it's easy to say no. All you have to do is say, "That's all right." It's as simple as that. Trust me. I've been in that situation before, and I'm sure I will be there again.

If you choose to smoke, you'll have bad breath, your clothes will smell, you'll have yellow teeth, [lung cancer](#), and a nasty cough that's anything but cool.

I don't know why kids think smoking is cool. Maybe they think it makes them look more like an adult. They don't realize that most adults who smoke wish they could stop. I guess they do it because their friends are doing it, but then again that's not a very good reason to kill yourself. Is it?

By N.F.

## Don't Smoke! Essay 7

By K.C.

Frances DeMasi Middle School, Marlton, NJ

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### Don't Even Think About It

"Nothing will happen to me, I'm only having one..." Every day thousands of kids and teens are saying these exact words about cigarette smoking. Later, the friends and families of those same kids will be saying, "I asked her/him to stop but she/he wouldn't listen," as they sit at the cancer treatment center with their loved ones, praying that they will be cured.



I am an eleven year old girl and not too long ago I helped my mom take care of a friend who had smoked when he was younger. While he ad not smoked for many years, the damage had already been done. He died slowly from [lung cancer](#). He couldn't feed himself or even breathe for himself during those very sad days. This happened because many years ago, people didn't know the dangers of smoking. Today there is no excuse to start smoking. There is too much evidence that smoking kills and loads of education available to find out why and how. The next time you are tempted to start, picture yourself hooked up to oxygen, your family around you with tears in their eyes, then do the right thing. DON'T START!

By K.C.

### **Don't Smoke! Essay 8**

M.C.

Frances DeMasi Middle School, Marlton, NJ

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#### **A DIRTY HABIT**

Smoking is one of the worst things for you. It's even worse if you have allergies.

First of all, it makes your lungs turn a solid black, it makes you smell, it makes your teeth rot with yellow marks, it can cause wrinkles in your skin, and it can even make a change on the world. All of the people in the world that smoke should quit. If you don't want to quit, it's your own fault because you'll probably die from it.

Anyway, if you don't smoke keep your healthy life and throw away the sick life. Now remember, all of you that are reading this take my advice, if you don't want to die, don't smoke.

By M.C.



## Don't Smoke! Essay 9

P.R.

Frances DeMasi Middle School, Marlton, NJ

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Smoking is horrible, bad for you lungs and for your heart. The reason for this is every time you smoke more than one cigarette your life span gets shorter and shorter Smoking makes your teeth yellow and your lungs black. It can give you cancer, shortness of breath, and heart attacks. It can also harm people who surround you who don't smoke. Smoking can make asthma attacks worse and more frequent for people who live with you. One main reason smoking is bad is it can ruin your life. Smoking can ruin all your hopes and dreams.

By P.R.

## Don't Smoke! Essay 10

B.W.

Frances DeMasi Middle School, Marlton, NJ

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I think people should never start to smoke. I think that because smoking can kill you. It's a dumb, dirty, disgusting, expensive, and deadly habit. It not only hurts you, but also the people around you, usually your family. It turns your lungs black, makes everything smell, and, in the end, kills you.

When you're at school and someone asks if you want to smoke, just say no. If they say you're a dork or you're not cool, just ignore them. I would rather be alive than trying to be cool by smoking. I see many things on TV where people are getting [cancer](#) by smoking. If you could see what a person's lungs look like after they've been smoking, you'd think twice before smoking because they could be your lungs. I am telling you never to start smoking.

If you are smoking right now, you should stop immediately. I know it is really hard to give up, but you should really try. There are a lot of ways that help people stop smoking. One way is nicotine gum. It is usually stocked in a drug store. As I said before, smoking not only hurts you, but it also hurts your family you live with. Every time they smell the smoke, it goes into their body to harm them. So if you really loved them, you would stop smoking. Cigarettes also cost a lot so you waste money on non-important cigarettes. Believe me, You should stop smoking now! You will thank me later.

By B.W.



## Don't Smoke! Essay 11

T.L.

Frances DeMasi Middle School, Marlton, NJ

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Smoking is very harmful, you can get [lung cancer](#). If you get this you'll die. If you don't stop now bit could happen to you. You wont be able to breath very good, and when you run you will have trouble breathing. If you smoke it might even stunt your growth. So if you smoke you should try to quit now. When you start it is hard to stop.

By T.L.

### *Smoking Cigarettes*

I think people shouldn't smoke. The reason is, is because it makes your lungs black, your teeth turn yellow, fingers where you hold them get yellow, it also can give [cancer](#), you die sooner, and it makes you very unpleasant to be around. I think people who start smoking are nuts. They should worry about how it will affect them and other people. How it will affect other people is by when they breathe in air they will start breathing smoke air witch is called second-hand smoke, and it also can cause cancer too. I feel sorry for the kids that are young and are smoking. They should know that hundreds of people are dying everyday because they had smoked before. I think that people who don't smoke are protecting their life and the people who do smoke are not protecting andt aking care of their life. That is why I think kids and adults should not even start thinking about smoking but what they should start thinking about is on how they help people who are smoking stop. Even if you just take a little puff, you still can get very ill. That is why you should never start to smoke because once you start you won't be able to stop. That is why you should never smoke. Remember always say No to smoking!!! Smoking, There's No Way Out

By S.W.



## Don't Smoke! Essay 13

J.S.

Frances DeMasi Middle School, Marlton, NJ

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Hi! I'm J.S. and I think smoking is for no one but, Loser's! The big question is if people know cigarettes are harmful to their bodies, then why do they take them? Plus smoking makes you smell disgusting, look horrible, have bad breath, makes you stupid, and most of all, lose your loved ones. It's a bad habit so don't get sucked in! Drugs are like a maze, once you're in you can't get out!

If you're someone who smokes and wants to quit or if your someone who smokes and isn't planning on quitting, I strongly encourage you to. You have to quit A.S.A.P (as soon as possible) things you can do to are go to quit are go to a adult or someone you trust, who you know will help you. Try to focus on something else. find a new hobby or something that interests you. It will take up more time on your schedule and that way you might not even have time to smoke. If it's peer pressure that is causing you to smoke, then find new friends. A better crowd to hang-out with.

Now the reasons: One major reason I can think of, that keeps me away from them, is sports. If you play sports and smoke it will make you weaker and not be as strong as you used to be. I play on a travel soccer team and hope one day to be a professional, if I smoke, my goal will be worth nothing. It will never happen. Another reason is family and friends.

Smoking might result in loosing the most important people in you life: family and friends. Remember that nothing is more important than them. If you're intelligent, and want to be for the rest of you life, just let me tell you now that smoking doesn't make you smarter. Smoking makes you slower and more stupid. One reason (I think we all know) is death. Cigarettes are nothing but a shortcut to dying. People die every day from lung cancer, one cause of it is smoking. Don't think it won't happen to you.

I've never met my grandmother because she died of lung cancer. And that's why I choose to be drug free. Now you choose!

By J.S.



## Don't Smoke! Essay 14

B.M.

Frances DeMasi Middle School, Marlton, NJ

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### *Smoking Cigarettes*

Why should you never start smoking? Even a two year old should know that!! Ok, some kids say it relieves stress. Well you will get plenty of relaxation if you keep smoking. You'll be DEAD!!!! It's no surprise; it's just plain stupid!! Just because an overgrown camel, a yee-ha cowboy, or family members smoke, THAT DOESN'T MEAN YOU HAVE TO!!!! I don't know about you, but I don't think we should sell cigarettes. Sure, a lot of people will lose jobs; but they should go to college and get a good job. Maybe a professional sports star or a lawyer.

Smoking can prevent you from having a good career.

If you are already smoking, why should you stop? Listen to me or not; it's up to you. If you have asthma, like me, STOP!! I am never going to smoke because it's even worse for us asthma patients. I should know. My mom works in a hospital, and she tells me when people come in from asthma attacks and they smoked. I am glad my mom told me about this; it is a lesson I hope to keep for life.

Well, if you decide to start or keep smoking, go ahead. I don't care. It's your life on the line; not mine.

By B. M.



## Don't Smoke! Essay 15

J.C.

Frances DeMasi Middle School, Marlton, NJ

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Smoking is the cause of many deaths around the world. It is bad for you and your loved ones when you smoke around them. Smoking causes diseases such as mouth cancer, [lung cancer](#), and emphysema. It also causes sadness and a dirty environment. Second-hand smoking causes harm to unborn children and innocent toddlers. I also hate how, for years, a teen will say, "No, I will never smoke," and then they are found hiding cigarettes and lying. Teens should learn to say "NO". Do you feel the same way? Well you should, because smoking hazards hit hundreds of people every day.

I, personally, can not relate to smoking problems, because nobody in my family smokes on a regular basis. But I can relate to the pain and sadness that it causes family and friends after the death of a person that was either hooked on smoking or died of cancer or another disease that smoking causes. Many of my friends' grandparents have died because of cancer or another disease caused by smoking. If someone who smokes gets cancer, eventually unhappiness will strike their loved ones and friends. There are very many ways to say "No". The easiest way is to simply say no and get out of the area as quickly as possible. If this doesn't work, make up an excuse and leave. These days there is no excuse for getting addicted to nicotine. There are many educational programs and warnings about how harmful getting hooked is. The main program is D.A.R.E. (Drug Abuse Resistance Education).

D.A.R.E. has kept many kids from making the wrong choice. You can also look at the surgeon general's warning, and the media tells a lot about smoking effects. I'm saying this for me and the health of others because addiction to smoking causes crime, major mood swings, lies, and the feeling that you need more and more cigarettes. I think that smoking is wrong and that the government has to do a little bit more about prevention. For instance, there should be laws restricting advertisement wrappers which would appeal to teens.

If, in the beginning, you didn't think the same as I, now you should because you realize that family and friends of smokers suffer after their death. Remember, smoking is your choice, your responsibility. Don't make the wrong decision. So, in the future, before you pick up a cigarette, stop and think about what you're getting yourself into, then think about how you can solve this problem... before it is too late.

By J.C.



## Don't Smoke! Essay 16

M.M.

Frances DeMasi Middle School, Marlton, NJ

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If you are an adult or a teenager that smokes you should stop smoking. Why? When you smoke your lungs get filled up with smoke and it can cause cancer or death. I heard on TV that for every cigarette you smoke you lose 5 minutes of your life! If you want to quit smoking you should try one of the patches or the gum.

For you non-smokers that are going to smoke, you should not start for the same reasons I stated before. If you don't smoke you should stay away from people that do because if you inhale the smoke it could be as bad as smoking. This is called second-hand smoking. So stay away from the people that smoke, save money and try to quit. I hope you have learned a lot from this story.

By M.M.



## Don't Smoke! Essay 17

W.H.

Frances DeMasi Middle School, Marlton, NJ

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Do you want to hear something stupid? Teenagers that have never smoked before, are starting everyday. I personally feel that Smoking is a stupid mistake and will destroy your life forever.

Scientists have concluded that, usually, when you have parents that smoke, the kids are more likely to smoke. Maybe the D.A.R.E. (Drug Abuse Resistance Education) officers could put together a program for the adults, that tells them how what they are doing affects the children and the other people in the household.

Cigarette prices have gone up in the past years, but have not been so expensive that people can't afford them. I think that tobacco prices should be outrageous, so that the kids and teenagers, especially, might keep their hands off of them.

As for me, I have already made up my mind. I know that I will never smoke, even if I am pressured to. I will just say "NO". Now, It's up to you. So what are you going to decide to do?

By W.H.

## Don't Smoke! Essay 18

R.N.

Frances DeMasi Middle School, Marlton, NJ

Last Modified: November 1, 2001

### *Stop Smoking*

Smoking is bad for your health. It causes many diseases, like cancer and Emphysema. Smoking gives you bad breath and makes your teeth yellow. When you smoke, your lungs become coated in tar, and nicotine is absorbed into your bloodstream. Nicotine is very addictive and your body will crave it. So, if you don't smoke, don't start. Smoking is stupid and it is very hard to stop!

By R.N.



## Don't Smoke! Essay 19

K.H.

Frances DeMasi Middle School, Marlton, NJ

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### Drugs

Drugs are everywhere, in schools, parks, and homes.

Horrible, harmful, hazardous drugs,

Deadly, dangerous, disastrous drugs,

Drugs kill thousands of people every year but yet, people don't seem to care.

They become addicted to the murderous depressants and the perilous stimulants.

Marijuana, Cocaine, Nicotine and Heroin are some of these injurious drugs.

There are many ways to stop the execrable addiction to drugs, such as special patches and gum. But people don't see the danger, and they continue to take the drugs, getting even more ill. Although you may see many adults or even your parents smoking, the main smokers are teens and kids. They start smoking or sniffing when their peers tell them things that are not true. Things like saying drugs will make you cool and popular. And for awhile, smoking does seem to make their life better. But soon they are pulled into a world of [lung cancer](#) and brain damage. Then they wish that they never listened to their peers.

President Clinton is presently working on a campaign to keep drugs out of kids' reach. If his plan works, billboards will no longer be able to display people and the messages will be even stronger. "Drugs are dangerous and can kill you," that is what they will say.

Hopefully, if Clinton's plan works then it will decrease the amount of people dying from drugs by the millions. "Taking drugs is like committing suicide," That is my quote. So don't kill yourself by choosing to take drugs. Choose the right choice, stay away from drugs.

By K.H.



## Don't Smoke! Essay 20

D.K.

Frances DeMasi Middle School, Marlton, NJ

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When I was in second grade four years ago, I came home from a sleep over. My mom, who had picked me up early, was about to tell me something I will never forget. She told me that the night before, my father had died.

Millions of thoughts ran through my head then. The thoughts weren't questions, they were memories and predictions of what was to come. I didn't have any questions because I understood why my father had died. I had even predicted that it was going to happen soon. I knew because my father had been smoking and drinking. These two deadly habits are what took my father's life away from him and me. This is why I'm never going to smoke or drink.

Smoking is a deadly disease, but you don't always have to be the one puffing the cigarette to be affected. If you are constantly around someone who smokes a lot, then you can be exposed to cancer by second-hand smoke. Second-hand smoke is almost just as bad as smoking first hand. In fact, I feel it's worse because the person who is affected, sometimes never even touched a cigarette and never would, yet they can die from it. So you see, it's important that every individual makes it their responsibility to not smoke because it's bad enough if they don't want to save themselves, they could at least spare the lives of the people around them.

Although you cannot affect someone else physically by drinking as second hand smoke does, you can severely hurt yourself. When you start to drink heavily, you can become addicted to the alcohol and you won't be able to stop. It's the same with cigarettes too. Soon you won't be able to pay for the cigarettes or the alcohol. And not to mention what damage it could do to your health! Your lungs get black, you're always coughing, and you can die from all kinds of cancers and heart diseases.

Also, think what your parents would say if they found out you were doing that kind of stuff? Do you think you'll be able to hide it? No Way! Your teeth will become yellow and you and your clothes start to stink. Plus, if you try to hide in your room when you smoke, your walls will become yellow and dirty. So is all that really worth it?

Now you may think if someone asked you to smoke or drink alcohol, you would automatically say no. You probably think this because we have learned so many things about smoking and the deadly problems it can cause. But think again! Don't you want to hang out with the so called "cool kids"? Don't you want all the kids to think you're popular? What would you really say? You're having second thoughts now, right? That's the problem. Too many kids are unprepared when they are asked to smoke, do drugs or alcohol. You have to choose now what you want to say. You can't wait until you're "put on the spot" to decide. If you wait, then you'll do what any



human would do when put under pressure. You'll panic. Once in a panic, you can't think straight and will do what is easiest--give in. But, if you decide what you are going to do now, then you can stand strong on your choice and you won't have any trouble answering. So whether you choose to decide to do it or not, that's up to you. I only hope you do the right thing and just say NO!

By D.K.

### **Don't Smoke! Essay 21**

O.B.

Frances DeMasi Middle School, Marlton, NJ

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Hi, my name is OB and I'm going to tell you about second hand smoke and the dangers of this. Second hand smoke is sometimes more worrisome than smoking itself. So be careful around children of the 90's if you smoke. I was a victim of second hand smoke. I had pneumonia when I was 3 years old. If your going to smoke be careful around kids. Its stupid that kids are getting sick from an adult's mistake. So if I were you, I 'd stop all together. Be careful. Choose not to smoke.



## Don't Smoke! Essay 22

B.H.

Frances DeMasi Middle School, Marlton, NJ

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Have you ever tried to tell somebody something, but you didn't know how to say it? That's how most people feel when they try to tell people not to smoke. Especially when talking to an adult. I know how it feels. When I was in kindergarten, I was over at someone's house and his dad smoked. I didn't want him to smoke, but I didn't know how to tell him. People also might feel uncomfortable when being near someone smoking. You can also die from various diseases such as heart failure and [lung cancer](#). These are only three situations which result from people smoking.

Smoking is a terrible habit. In my opinion, it is dumb because people die each year as a result of smoking. One of the ways they die is from several types of cancer, which is a mutation of the bodies cells. It also causes heart and lung disease. Smoking can also cause others around you to get sick from the smoke you exhale. This is called second-hand smoke. In a way, second-hand smoke is more dangerous than smoking the cigarette directly. This is because the smoke contains the poisonous gases that he/she exhales, as well as the smoke that hasn't been passed through the filter. Please, now that you know the consequences of smoking, think about yourself and other people. Try not to go where many people are smoking. (You could inhale the smoke.) And when you can, try to tell them not to smoke. That would be a great deed to society.

There is a strong two letter word that if you use it right will bring you a long healthy life-- No. Use it!

By B.H.



## Don't Smoke! Essay 23

E.C.

Frances DeMasi Middle School, Marlton, NJ

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Smoking is very harmful. You can get lung cancer and other diseases. Smoking turns your lungs black and tarry. I know because my uncle died from [lung cancer](#) last year. It was very hard on all of us, losing a loved one to cigarettes.

If you have a dream of being a good athlete, then definitely don't smoke. Smoking makes your body very unhealthy and weak. It makes it hard to breathe. And don't say, "Oh, that could never happen to me, I'm only going to try it once." Well, if you try it once, maybe you'll try it again, and keep doing it and before you know it, you're addicted. Cigarettes have something in them called nicotine which is very addictive. Even if you want to stop, it would be very difficult.

Cigarettes can also get very expensive. If you get hooked and smoke packs a day, that's a lot of money a week.

Smoking can also stain your teeth yellow and make them look ugly. They can also stain your fingers yellow and brown from holding them. Also you and the people around you when you smoke will smell badly. So, as you can see, smoking has no good points. There are only negatives. So I suggest you never, ever try one, because it can turn into a lot more.

By E.C.



## Don't Smoke! Essay 24

K.S.

Frances DeMasi Middle School, Marlton, NJ

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I know you've heard this a million times. Smoking can kill. You probably think you know everything about them, like they hurt you. Well, there is a lot more than that. They can give you lung and mouth cancer. Would you really like that? It also makes your breath smell terrible, and your clothes too. It might even make the walls of your house yellow because of the smoke. I would never smoke because it disgusts me, and I hope you will say NO when someone asks you to smoke.

It isn't very easy to say NO. Peer pressure is one of the largest reasons kids smoke. When a friend asks you to smoke, it's hard. Also, when you don't know how bad smoking is, it's even harder. I've learned many things about smoking in D.A.R.E. (Drug Abuse Resistance Education). The officer who taught me showed our class something that really taught us how dangerous smoking is. He had a fake man with a cigarette in his mouth. Then officer Kenner put a tissue across from the dummy. The tissue became yellow after five minutes. Imagine what would happen to the smoker's lungs.

Many people think, I'll just try one. When you try one, you'll get addicted. It's never just one. So, it's better to never start. In my opinion, it's just another way to commit suicide, but it kills slower. I hope my essay made you think a little more about smoking. Remember, it won't solve problems. So, do me a favor, when someone asks you to start smoking, say NO!

By K.S.

## Don't Smoke! Essay 25

C.K.

Frances DeMasi Middle School, Marlton, NJ

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Smoking is probably one of the worst things you could do in your life. I've been taught about the dangers of smoking from my parents and the D.A.R.E. (Drug Abuse Resistance Education) program. D.A.R.E. teaches you how to handle peer pressure and how harmful smoking is. You could get very sick or even die from lung cancer. If you do smoke, you should stop. Smoking makes you have bad breath, yellow teeth, and it can cost \$2000 a year. If you do smoke, you should just love what your lungs look like. They look like someone dropped a can of tar on them. You shouldn't waste your life on smoking. It's not worth it.

By C.K.



## Don't Smoke! Essay 26

E.M.

Frances DeMasi Middle School, Marlton, NJ

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I think Smoking is very harmful to you health. I had an aunt who died from smoking and a grand pop who had a stroke and, luckily, just one heart attack, all from smoking. My aunt is now lying in her grave at a young age and my grand pop is fortunately still alive but is walking with a cane. Other effects of the stroke are; he can only take baby steps, he can not eat certain foods, he takes over 10 pills a day, he can not speak correctly, and the right side of his body doesn't function. If these two people had another chance at life, do you think they would choose to smoke?

My dad has a fiend, Frank, who has a child who runs. Frank would be in the middle of the field cheering, "Go, Frances, go!" but with a cigarette in his hand. My dad told his friend more than enough times about not smoking. Frank said that he would stop smoking, but guess what, he had to have an operation to remove his whole jaw. He had [cancer](#). If he had another chance, do you think he would smoke?

You are not going to believe this but both my older sister and my older brother smoke. When my sister found out that she was going to have a baby, she stopped smoking for the baby's health, but right after she had the baby, she started right back up again (which was dumb). My brother, on the other hand, was a great runner and one day he got in the wrong crowd who convinced him to smoke. He tried it (thinking he'd do it only once) and guess what, he smokes every single day. Now my brother can not even run.

The one thing I know is that I am an active person involved in many sports and activities and I do not want to take the wrong route like my aunt, my grand pop, my dad's friend, my brother, and my sister.

If there was only one thing I could tell you, I would tell you this, You only have one chance. There is no going back into the past like my grand pop and Frank would like to do and some day like my older sister and older brother may like to do. Don't take the wrong route!

By E.M.

## Don't Smoke! Essay 27

E.S.

Frances DeMasi Middle School, Marlton, NJ

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There are many bad things that happen to you if you smoke. If you smoke you could die or get really sick like your heart is not so good or your lungs might not work right. If you have a girl friend or a boyfriend they might not like you because your teeth are yellow and your breath smells. When you



laugh sometimes you cough. If you have a car, it smells just like you. So when you want to drive your friends to school, they will not want you to because it smells too badly. If you play a sport like cross country running, you will always stop and take a breath, but if you didn't smoke you could run as far as you want. Please don't smoke.

By E.S.

## **Don't Smoke! Essay 28**

A.R.

Frances DeMasi Middle School, Marlton, NJ

Last Modified: November 1, 2001

### *Some Reasons Not to Smoke*

Smoking is very addictive! This is because of the nicotine in the cigarette. When you only take one puff, it probably will not get you, but if you continue to smoke, then you can not stop.

Smoking causes more problems than addiction. It can also cause [lung cancer](#). Lung cancer is when your lungs are not getting enough oxygen. They change from a light pink color to a dark black. This is the result of smoke getting into your lungs.

Emphysema is another result of smoking. Emphysema is when your lungs don't get enough oxygen. This means that you will have to breathe from an oxygen tank.

A third disease that is a result of smoking is heart disease. When you have this problem, your heart does not pump enough blood to your body. This makes you feel tired all the time. It can also cause a heart attack.

Another result of smoking is stained teeth, yellow fingers, bad breath and wrinkled skin. Although these things are not a concern to your health, they are very unattractive.

While many adults are quitting smoking, even more teenagers are starting the habit. It is much harder to quit smoking if you started when you were younger.

Cigarettes are expensive. Not only do they cost a lot, they are illegal to but if you are under eighteen years of age. Evesham Township just passed a law that prohibits anyone under eighteen from smoking. These are just a few reasons why you shouldn't start smoking!



**Stop smoking now, and have a better future!**

### **Don't Smoke! Essay 29**

M.J.

Frances DeMasi Middle School, Marlton, NJ

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Hi, I'm Nicky and this is a story about my mom and smoking. She had been having pain in her arm and around her heart. She was in some pain for a long time. One morning at 5:35 she rushed to the hospital and found out she had fluid in her heart. If they didn't get the fluid out quickly, she would die. She also had a virus and smoking made it worse. They would have to take the fluid out with a tube. My mom stopped Smoking for the twelve days she was in the hospital, but after fifteen days she went back to smoking but now she is trying to quit.

By M.J.