

Say TAKNAK To Cigarettes

Why you should not smoke:



Smoking does not symbolise adulthood and maturity



It is more difficult to make friends by smoking



Smoking is not a source of inspiration



Smokers are actually not macho or trendy



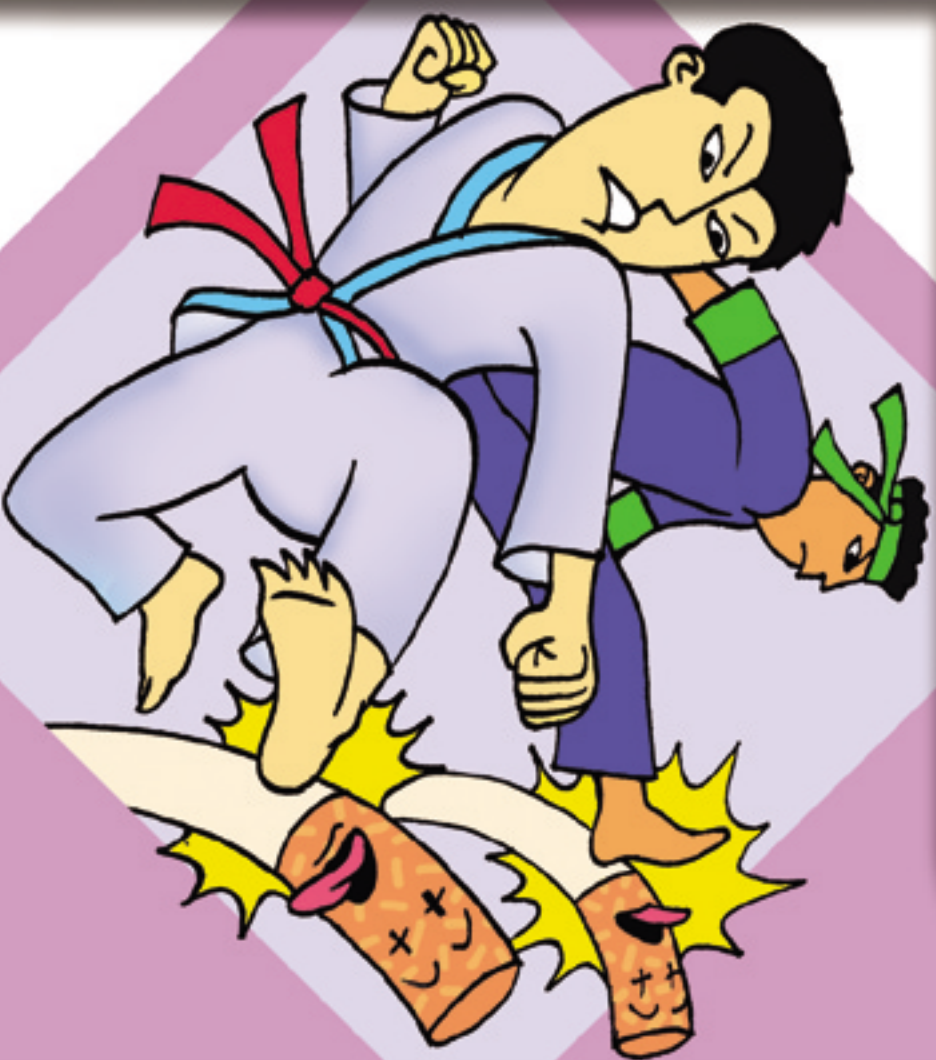
Smoking does not help you to stay slim

Always Say 'Tak Nak'

- T** - Terpuji (Respected)
- A** - Aktif dan berstamina (Active and full of stamina)
- K** - Keterampilan (High self-esteem)
- N** - Nampak ceria (Look cheerful)
- A** - Anda sihat (You are healthy)
- K** - Kecemerlangan akademik (Academic excellence)

**Smart students do not smoke.
Be one of them.**

**“Say TAKNAK
To Cigarettes”**



Smoking Causes Dangerous Diseases

Smoking is a bad habit and is addictive.

Cigarette smoke is associated with 40

serious diseases such as:

- Heart Disease
- Cancer
- High Blood Pressure
- Respiratory Infection
- Stroke
- Tooth and Gum Disease
- Eye Disease
- Stomach Ulcer
- Osteoporosis
- Arteriosclerosis



Poisons In Cigarette Smoke

There are **4,000 chemicals** in cigarette smoke. **200** are **toxic** and **63** of them are **carcinogenic** (can cause cancer).



Merits Of Not Smoking

- High self-esteem, smart, mature and well-respected



- Excellent in studies



- Cheerful and have many friends

- Healthy, active and full of stamina



- All religions prohibit habits that can harm our health