

# Tobacco Prevention

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

The tobacco prevention program provides education about the consequences of smoking or chewing tobacco. Aimed primarily at preventing children from starting tobacco use, the program teaches children how to develop effective refusal skills so they can say ***NO!*** to friends, other youth or adults who may offer them tobacco products.

To protect themselves from media influence children will learn to recognize strategies tobacco companies use to initiate them to tobacco products. They will also learn of the more than 4,000 chemicals contained in tobacco, their effects on the body, and why second hand smoke affects those who don't smoke.

Pregnant youth will learn of the effect smoke has on their unborn children and the consequences for the health and development of children who grow up with environmental smoke.



Support groups held at convenient hours for the participant are available for youth and adults who wish to quit smoking. **For more information please call promotora, Blanca Acosta.**



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some chemicals in tobacco	
arsenic, butane,	 mercury, titanium,
acetone, ammonia,	 carbon monoxide,
DDT, formaldehyde, hydrogen cyanide, methane,	
naphthalene, styrene, lead, vinyl chloride, nicotine...	

