

Name: \_\_\_\_\_

## It's My Decision

The article "A Do or Die Decision" (page 9) discusses the factors that influence a young person's decision to smoke or not. The story also shows how to share your decision to be smoke-free with others. Follow the directions below to go through this thought process yourself.

### Part 1: All About Me

**Directions:** There are a lot of reasons to be smoke-free. Look at the sample reasons below. Then write down four reasons from your own life.

#### Tyrone's Top Reasons To Be Tobacco-Free:

1. because I need my breath to play the saxophone
2. because my uncle died of cancer
3. because I wouldn't want tobacco to get stuck in my braces
4. because I'm saving my money for an MP3 player

#### Tina's Top Reasons To Be Tobacco-Free:

1. because I want to make the soccer team
2. because I don't want to smell bad
3. because I don't want my little brother to think it's OK to smoke
4. because I have allergies

#### My Top Reasons To Be Tobacco-Free:

- 1.
- 2.
- 3.
- 4.

### Part 2: Ways to Say It

**Directions:** Think about the people you know who use tobacco. What would you say if one of them asked you to take a cigarette, a cigarillo, chewing tobacco, or other form of tobacco? Use a reason from your list above to help you say no.

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Write another way to say no on these lines. Use a different reason from your list above.

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