

The background features abstract, colorful swirls in shades of green, purple, and blue, interspersed with yellow starburst shapes. The text is centered over this pattern.

*Can bad
habits kill ?*

*Are you killing
yourselves ?*

Some bad habits are really deadly



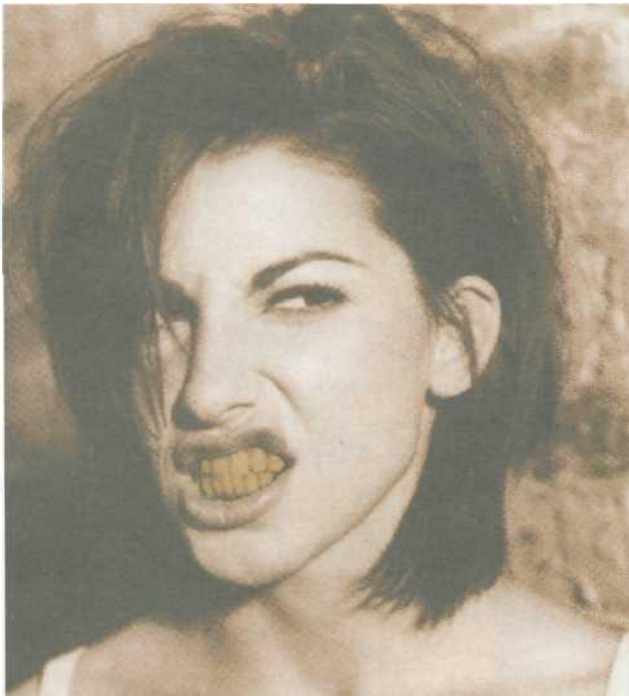
Smoking

If you think it's cool , think again

- A drop of nicotine can kill a horse
- Smoking kills about 3 million people every year
- 30 % of all cancer deaths are caused by smoking



Smoke or not to smoke



- The average age for a new smoker is 13.
- Your teeth will become yellow if you smoke
- You will have bad breath.
- Your clothes and hair will have a terrible smell

Alcohol

- Makes you feel very happy or very sad.
- If you take too much of it you can't walk or speak
- You can't work if you take it
- The next day you feel very bad
- Can lead to mental problems, liver and stomach problems, family problems, and money problems
- Some people fight when they take this drug

Taking drugs

- Is very addictive
- Can lead to mental problems
- Can cause sleeping problems
- Can make you depressed
- Can kill you easily



Measures to be taken against bad habits :

- go in for sports***



Find your hobby ! Have good friends !



***You are a builder of
your health !***