

The background features several large, overlapping, hand-drawn style swirls in shades of light green, light blue, and light purple. Interspersed among these swirls are numerous small, yellow, four-pointed starburst shapes, some pointing towards the center and others pointing outwards, creating a vibrant and energetic feel.

*Can bad  
habits kill ?*

*Are you killing  
yourselves ?*

# *Some bad habits are really deadly*



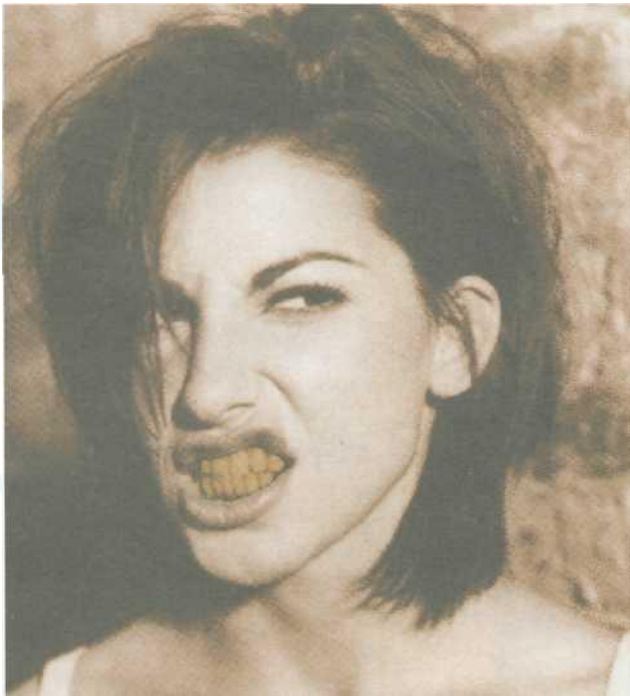
# ***Smoking***

## ***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 !***