

3/19 – 3/20 KICK BUTTS DAY

Kick Butts Day is a day where youth all over the world get a chance to tell big tobacco they won't be fooled. More than 1,000 events take place on March 19th showing that youth and their supports are smarter than big tobacco thinks. Sadly, more than 3,000 kids every day try smoking for the first time, and 700 of those will become regular smokers. But it's never too late, with activities such as Kick Butts Day and other great anti-tobacco events, we can help bring awareness to youth and their families and encourage those around us to be tobacco free.



This information has been brought to you by the Garfield Prevention Coalition. The Coalition is a group of concerned community members working together for a positive change within Garfield. Our vision is for Garfield to become not only a drug free community, but a culturally aware, deeply bonded community in which our children can grow into happy, healthy, and resilient members of the community. The Garfield Prevention Coalition is always open to new ideas and volunteers.

For more information on how to join please email SPerez@cafsnj.org or call 201-740-7149.



GARFIELD
PREVENTION
COALITION



THE CENTER
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services

TOBACCO'S NASTY TOLLS IN NEW JERSEY:

- 16.1% of high school students smoke.
- Each year 6,500 kids under the age of 18 become daily smokers.
- Every year 10,100 adults die from their own smoking related complications.
- If things don't change, 143,000 kids who are under the age of 18 and currently alive will die prematurely due to smoking.

DID YOU KNOW?

Nicotine raises heart rate and blood pressure. It can also narrow arteries around the heart.

Smoking can be harmful to developing brains which is one reason second hand smoke is so harmful!

Nearly 9 out of 10 lung cancers are caused by smoking. 1 out of every 3 cancer deaths are tobacco related. Smoking also keeps cancer treatments from working as they should.

READY TO QUIT?

NJ Quit line—FREE TO THE PUBLIC:

<http://njquitline.org/>

1-866-657-8677

Nicotine Anonymous:

<http://www.nicotine-anonymous.org/>

Mom's Quit Connection

1-888-545-5191