



We are the smokefree generation
smokefreegeneration.co.uk

Free, confidential advice and support

18 or Under

Smokefree Children & Young
People's Service - Zest
0779 563 7044
smokefree@zestcommunity.co.uk

Over 18

Yorkshire Smokefree Sheffield
0800 612 0011 FREE from landlines
0330 660 1166 FREE from most mobiles
sheffieldstopsmoking@nhs.net

zest
FOR THE COMMUNITY

NHS
Yorkshire
Smokefree Service

I want to

STOP
SMOKING

BECAUSE

It UPSETS
my FAMILY

-JESS, 19

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SMOKING MAKES
you -
WORSE at
SPORT!!

I'd rather be

GOOD AT
FOOTBALL

-KADEN, 12



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I don't
SMOKE

BECAUSE

IT MAKES YOUR

TEETH
YELLOW

- ELLIE, 14

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OTHER PEOPLE'S

SMOKE



**TRIGGERS MY
ASTHMA**

ELLA, 16

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I don't smoke
because

I'D RATHER

SMELL
NICE

NOT LIKE
AN ASHTRAY

CHLOE 12

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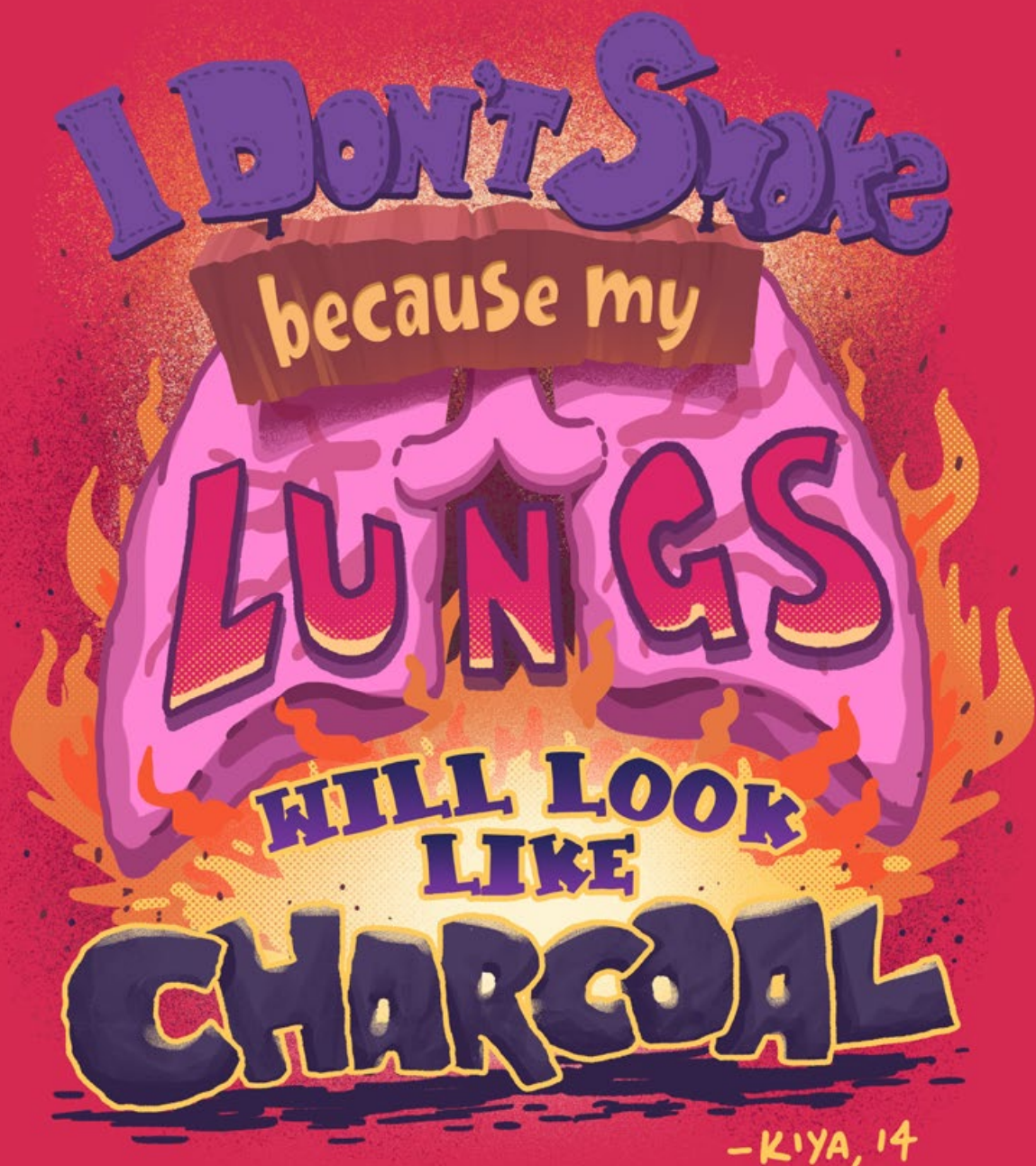
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