



If you want to quit smoking, please talk to staff at your local Aboriginal Medical Service

or call
Quitline
on
13 7848



KICK THE HABIT



An AH&MRC project funded by



**ELDERS,
PARENTS
AND
CARERS**



KICK THE HABIT



Smoking is killing our people and affecting the health and lives of our families and our children.

If they see you smoking they will think that smoking is ok and something they might want to do when they get older.

Don't smoke in front of young people and children. Leaving a door or window open is not enough.

Young people and children look up to their elders, parents and carers for guidance.

Nicotine is a highly addictive drug contained in tobacco smoke, which makes it very hard to quit smoking.

For the sake of ourselves, our families, and our culture we have to try to kick the smoking habit.

**KICK THE
HABIT**