



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



YOUNG PEOPLE



KICK THE HABIT



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

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

Smoking is not cool. It doesn't make you look cool. It is not part of becoming an adult.

Before long, nicotine addiction will control you. Don't start something that finishes you!

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

**KICK THE
HABIT**