

BE TOBACCO

FREE



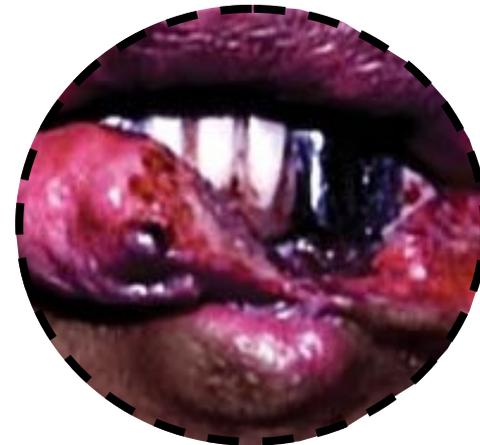
Harmful Ingredients

Harmful substances

Products



Health outcome



What is true?

- ✓ It is addictive and can be difficult to give up on your own.
 - ✓ It leads to underdeveloped baby
 - ✓ It damages the gums
 - ✓ It causes throat and mouth cancer
 - ✓ It can cause miscarriages or still births
 - ✓ It temporarily reduces oral pain whilst masking the underlying damage
- x It controls morning sickness
 - x It helps with digestion
 - x It keeps teeth strong and mouth clean
 - x It relieves stress
 - x It prevents mouth infections
 - x It makes you look attractive
 - x It controls weight gain



Benefits





Social Norms

Preparation and Planning

Dispose of any remaining tobacco products

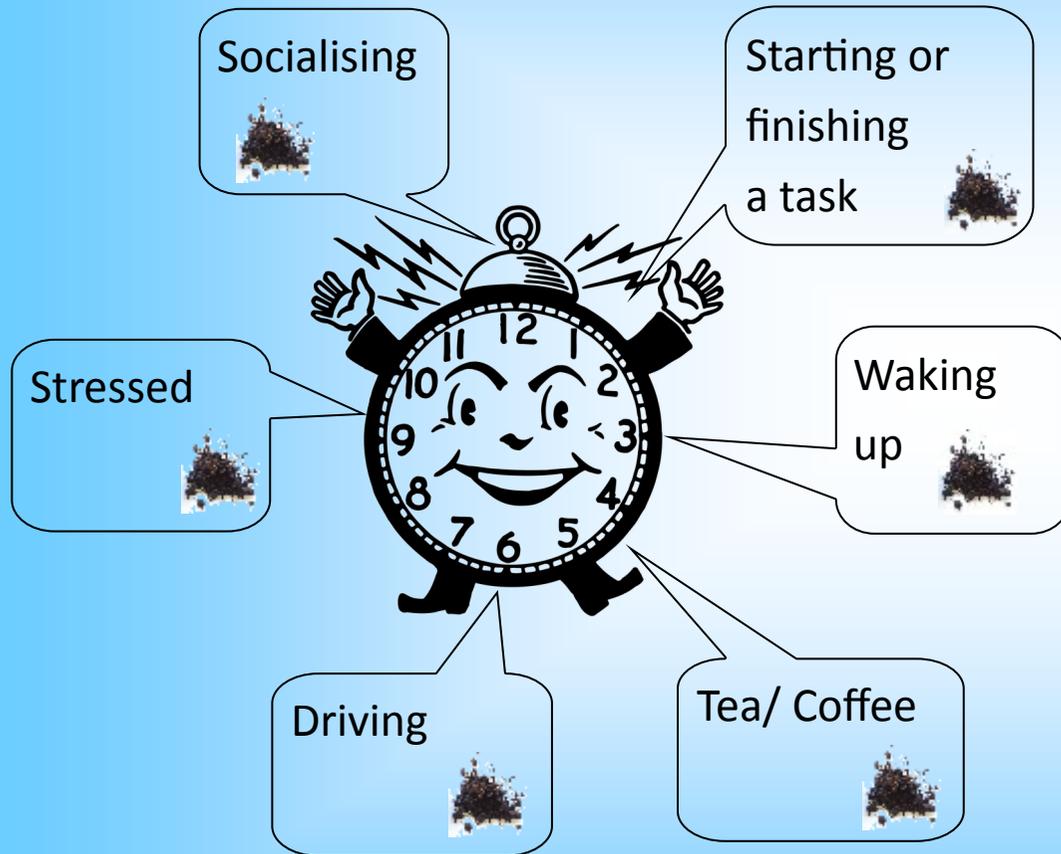


Family Support

Social Circles



Triggers



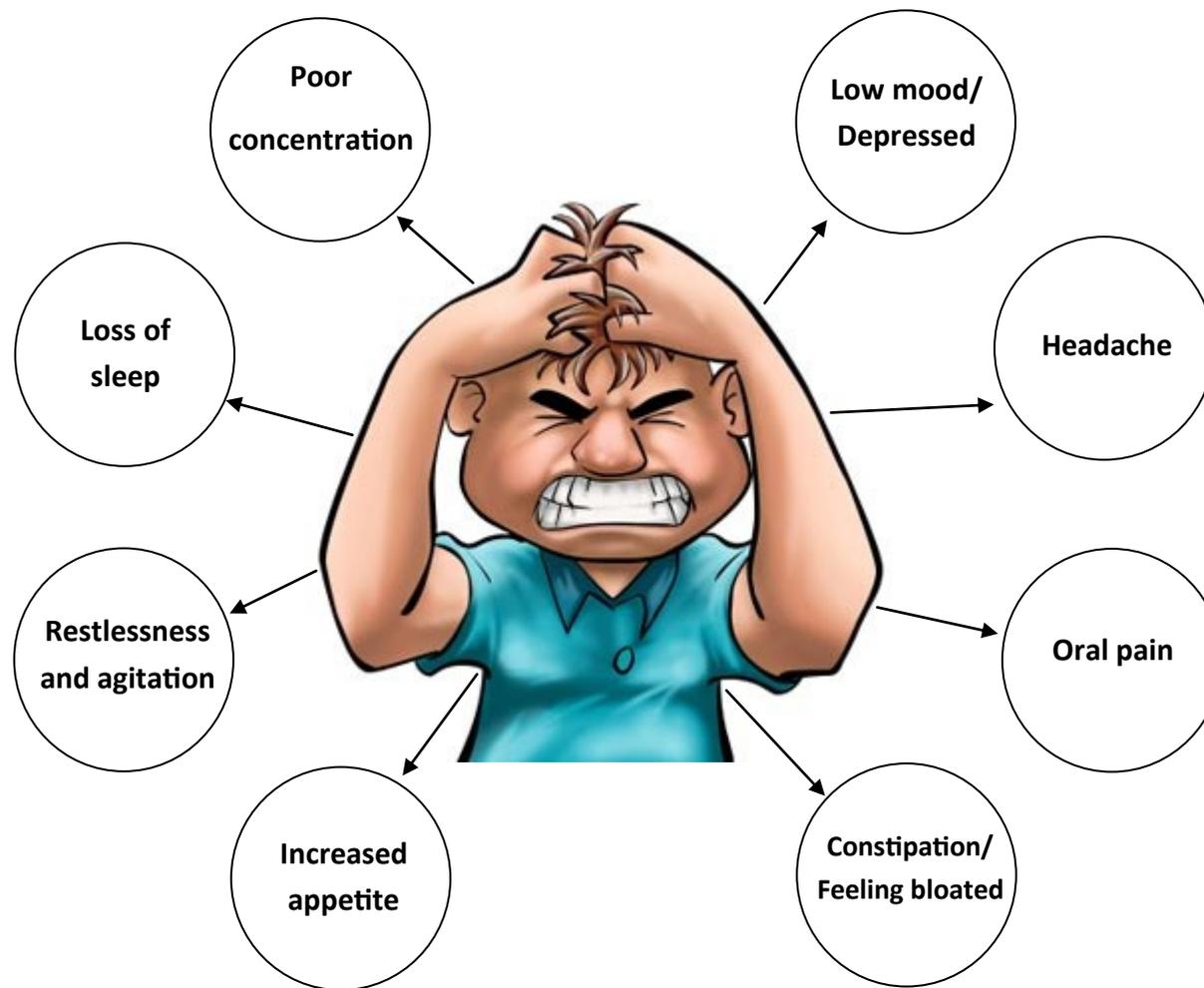


Managing Triggers

Reward Yourself



Withdrawal symptoms



Managing Withdrawal Symptoms





Developed by:

UNIVERSITY *of York*

In collaboration with:

City of Bradford MDC

www.bradford.gov.uk

Leeds Community Healthcare



NHS Trust



Leicester
City Council

stop smoking service

BME
STOP
TOBACCO
PROJECT