

INSPIRE, ENLIGHTEN, LEAD: STAND UP TO BIG TOBACCO



MY REASON *to* WRITE

CREATION FOR ELIMINATION

**KAYDENCE WALLS
LAKE HAMILTON INTERMEDIATE
1ST PLACE WINNER, 4TH-5TH GRADES**

NO

No to tobacco,
Just say no,
Don't smoke,
Don't chew,
In any form it still hurts you.

Doesn't matter what flavor,
Doesn't matter what it looks like,
It's all the same,
You can never get back what tobacco steals.

The person who grows it wins,
The person who sells it wins,
But the person who uses,
Always loses.

When you smoke it steals your breath,
Destroy your lungs,
And causes all types of cancer,
In you and others around you,
You may not know you're doing it,
But you're hurting those around you.

When you chew,
It can steal your teeth and gums,
It can also steal your tongue,
You can lose the tastes you've loved.

It is easy to start and hard to stop,
So just say no to tobacco.



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