

DECISIONS

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lifeways

*Health Promotion Resource Center for Western Massachusetts
184 Northampton Street, Easthampton, Massachusetts 01027*

WHAT SHOULD I DO?

WHAT DO MY FRIENDS DO?

WHAT DO MY PARENTS DO?

WHAT DO THE ADS SAY?

DO I HAVE ALL THE FACTS?

WHO CAN I TALK TO?

DECISIONS

WHAT DO I REALLY THINK?

WILL I LIKE IT?

WHAT WILL IT DO FOR ME?

HOW DO I FEEL?

WHAT SHOULD I DO?

WHAT DO I WANT TO DO?

Credits

This book was written and
prepared for you by students of
Franklin County Technical School

STORY / QUESTIONS FOR THOUGHT

Dean Bassett, Bernardston
Andrea Burniske, Northfield
Tina Cadran, Bernardston
Bruce Hall, Northfield
Dan O'Sullivan, Sunderland
Douglas Root, Colrain
David Rowland, Colrain
Krista Schats, Greenfield
Kevin Shippee, Shelburne Falls
Duane St. Marie, Shelburne Falls
Marcia Trumble, Sunderland
Teacher: Patricia Larson
English

BODY NEWS

Steve Barnes, Millers Falls
Brian Bellow, Shelburne
Mark Bennett, Greenfield
Kevin Broch, Rowe
George Delabarre, Conway
Maureen Marshall, Turners Falls
Jim Newton, Millers Falls
Joe Skrypek, Millers Falls
Bill Sweeney, Wendell
Eric Stokarski, South Deerfield
Robert Wells, South Deerfield
Mike Willard, Buckland
Teacher: Evelyn Snyder
Science

PROPS

Bruce Hall, Northfield
Kim Kingsbury, Greenfield
Bruce Matusko, Greenfield
Krista Schats, Greenfield
Kevin Shippee, Shelburne Falls
Marcia Trumble, Sunderland

ADVERTISEMENT

Tracy Gaida, Warwick
Richard Patnode, Greenfield
Teacher: Deborah Gold
Distributive Education

Terry Chaffee, Shelburne
Steve Dahl, Orange
Lynn Gaffey, Turners Falls
Dodie Johnson, Orange
Kim Kingsbury, Greenfield
Tracey Singley, Greenfield
Teacher: Linda Tuienko
Child Care

Donna Barry, Athol
Teacher: Connie Bryon
Home Health

Dale Sessions, Shelburne Falls
Teacher: Russell Sully
Graphic Arts

PHOTOGRAPHY

Lynn Gaffey, Turners Falls
Bruce Matusko, Greenfield
Doug Root, Colrain
Richard Rice, Webster
Rima Rudd, Lifeways

LAY-OUT

Bruce Matusko, Greenfield
David Rowland, Colrain
Krista Schats, Greenfield
Kevin Shippee, Shelburne Falls
Marcia Trumble, Sunderland

PASTE-UP /GRAPHICS

Debbie Bukowski, Greenfield
 Angel Gonzalez, Turners Falls
 Karen Merriott, Shelburne Falls
 Rima Rudd, Lifeways
 Teacher: Robert Behrsing
 Graphic Arts

DATA PROCESSING

Tom Barry, Northfield
 Jeffrey Kichen, Lifeways
 Joe Parzych, Gill
 Jim Tuminski, Turners Falls
 Teacher: Art Ratte'
 Data Processing

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Jennifer... Marcia Trumble, Sunderland

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 Sean Benoit, Buckland
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 Lisa Raymond, Greenfield
 Carl Reardon, South Deerfield Eugene Rice,
 Greenfield
 Richard Rice, Webster
 Doug Root, Colrain
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SPECIAL THANKS

James O'Neil Superintendent/ Director	Ray Avery Gloria Bean Shirley Brown Patricia Colby
Harold Overing Chairperson School Committee	Ray Franklin Robert Schmid Francis Zak

Lifeways

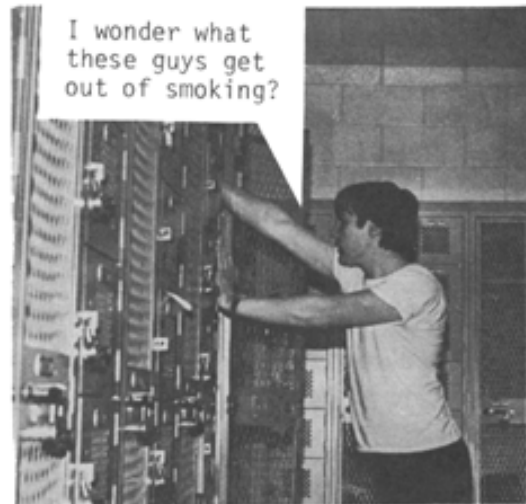
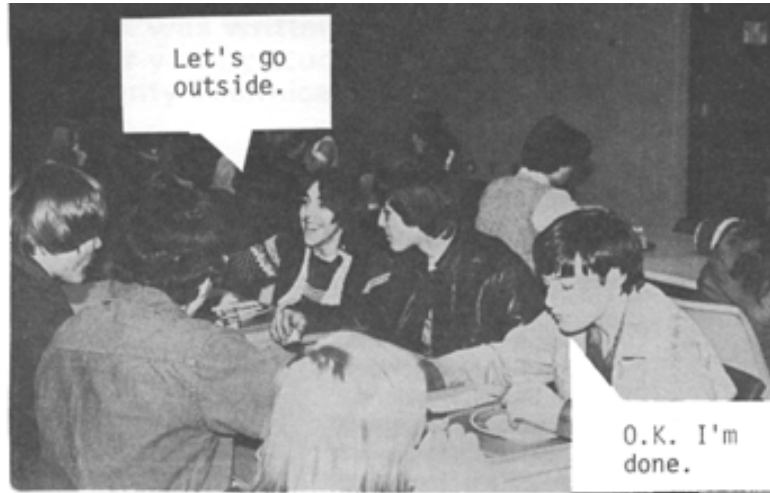
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Rima E. Rudd, Program Director

And to the entire faculty of
 Franklin County Technical School
 Turners Falls, Massachusetts

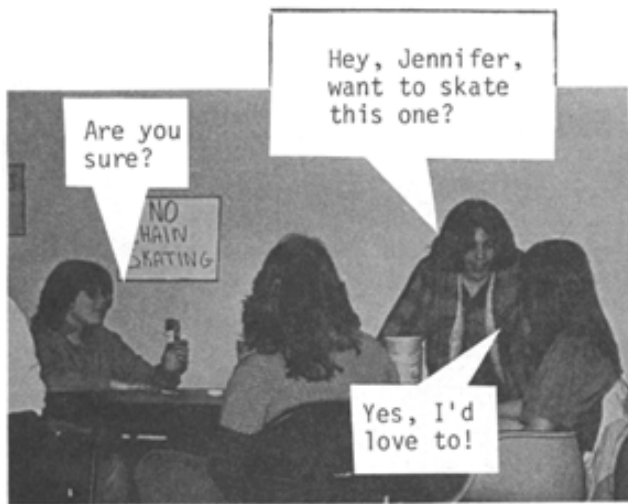
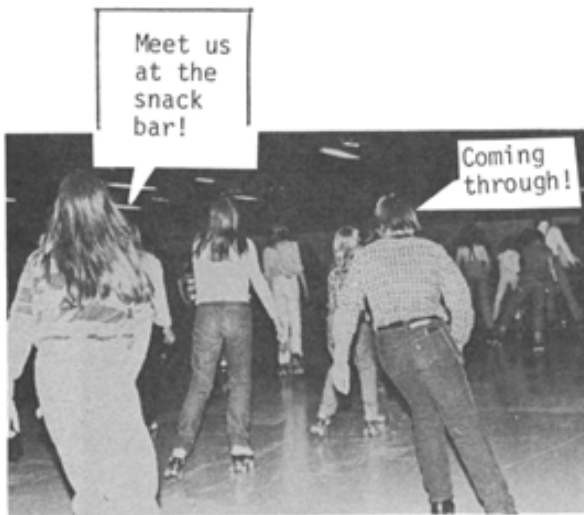
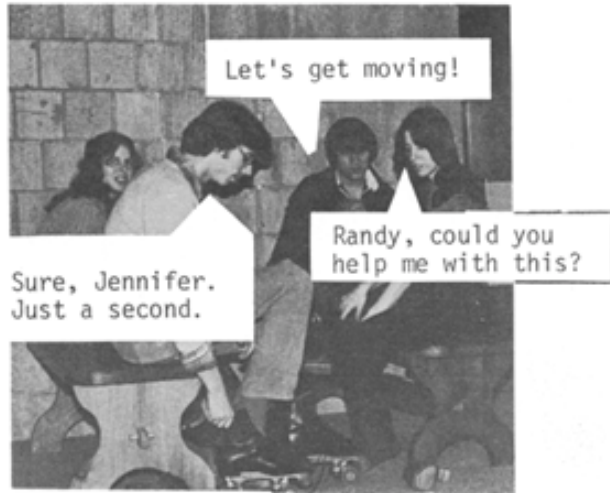
Frank has to make a decision.

Frank and his friends
have lunch at school

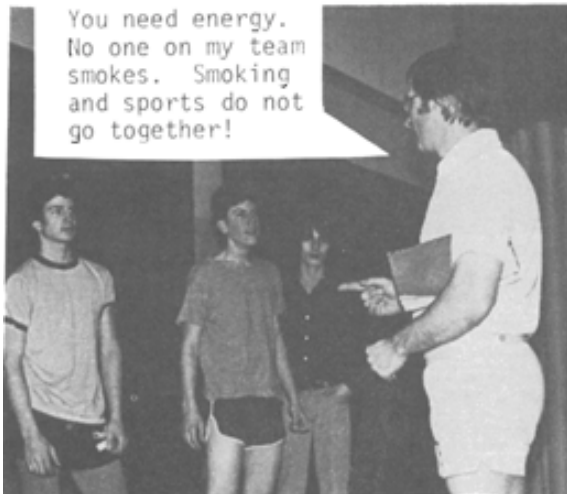
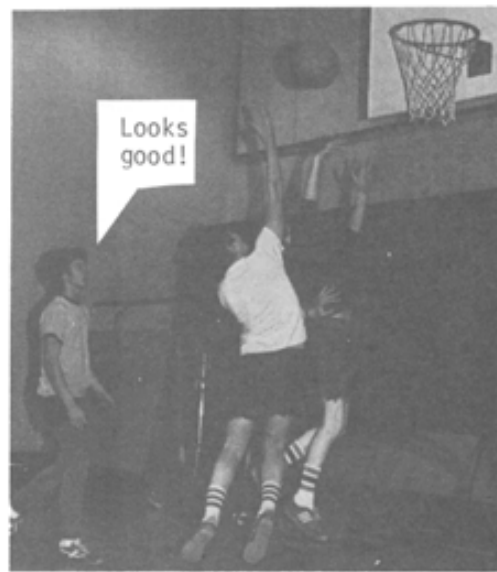
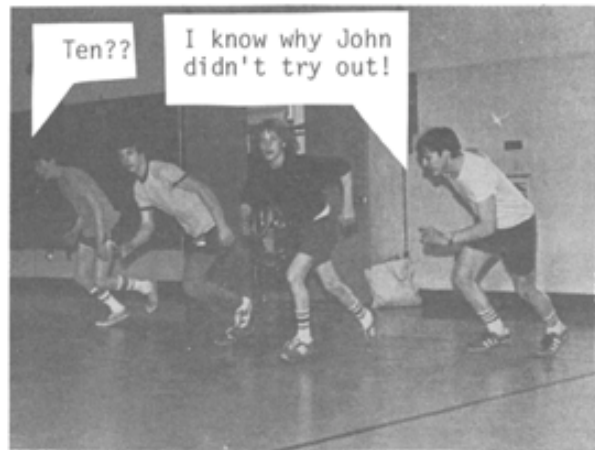


Jennifer has to make a decision.

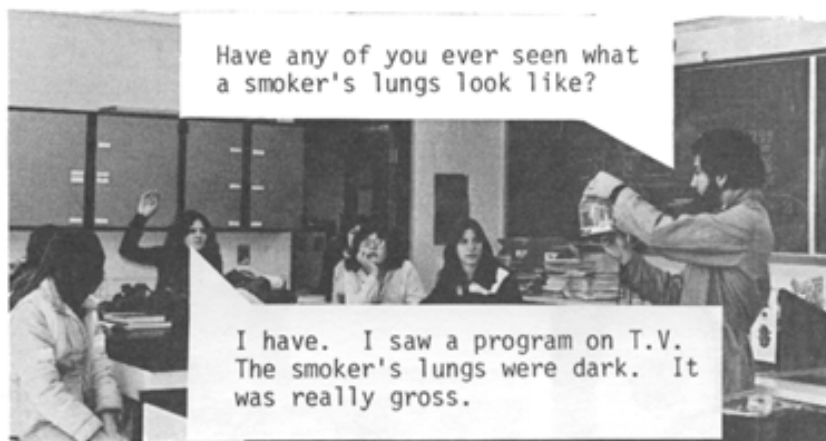
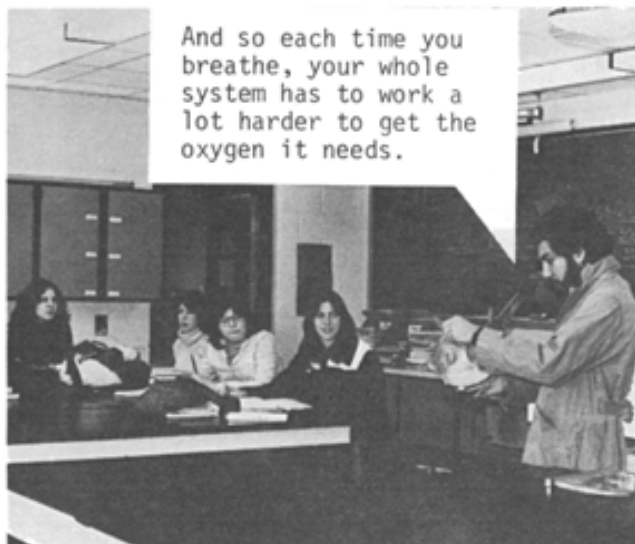
Jennifer and her friends are at the roller rink.



Frank learns some facts at basket-ball practice.



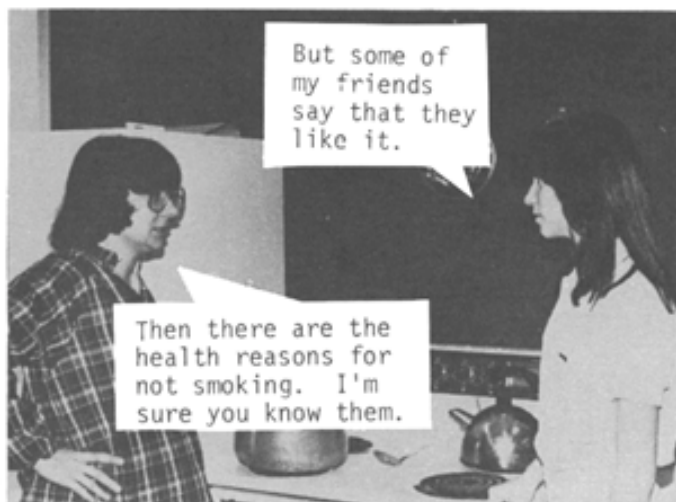
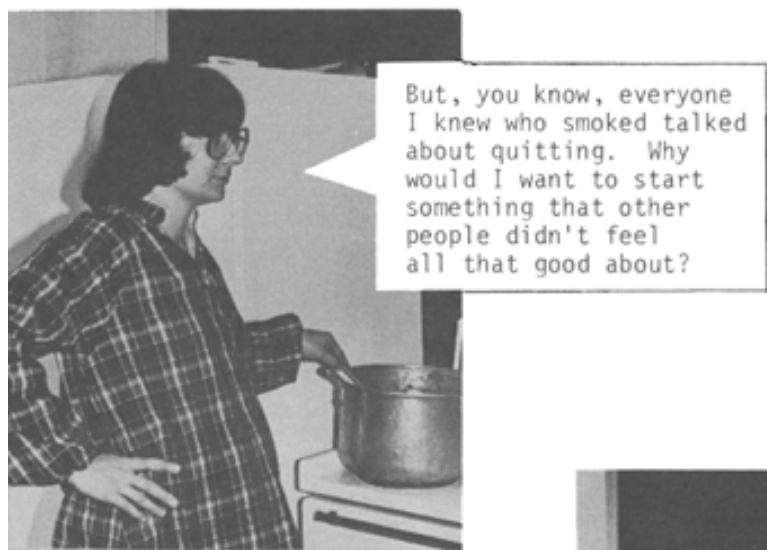
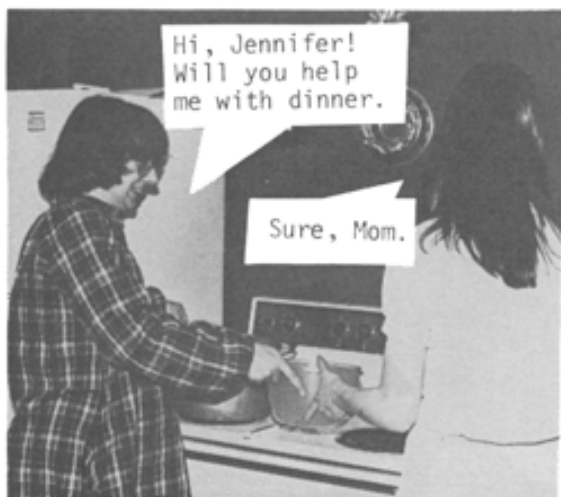
Jennifer learns some facts in health class.



Frank talks to his cousin.

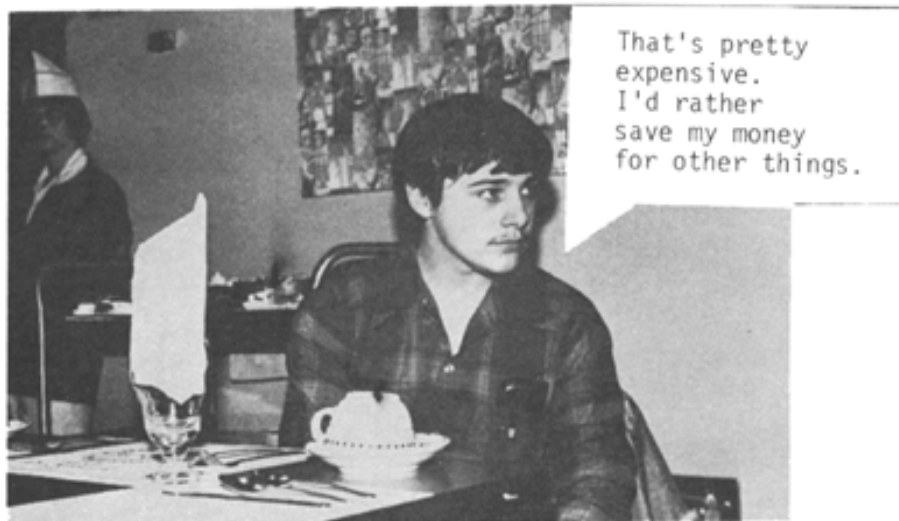
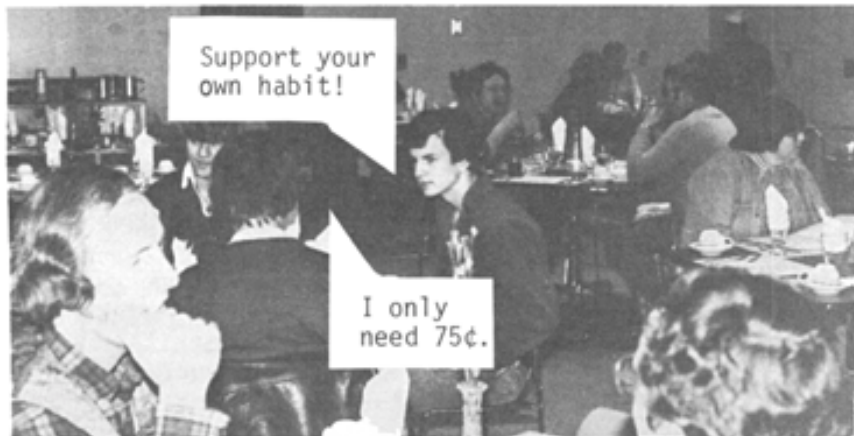


Jennifer talks to her mother.



Frank gets more information.

Frank and his friends are in a restaurant.



Jennifer gets more information.

Jennifer and her friends are at the library.



Hey, look at this summer dress!

I'd like to wear something like that.

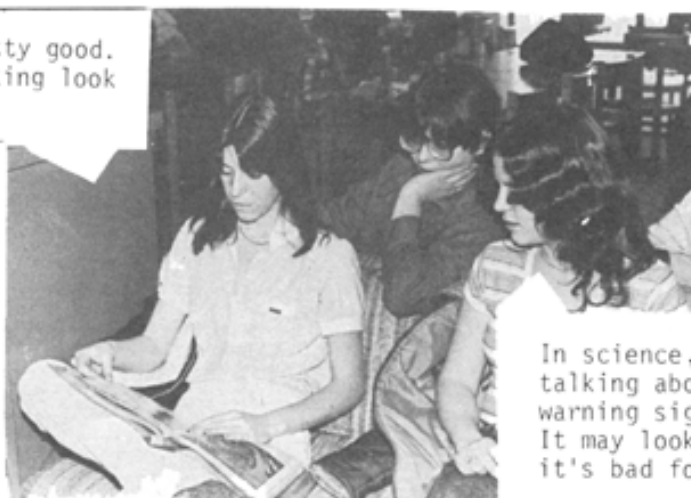


Oh, that's a good advertisement!

That's a good ad. She's a popular model.



She looks pretty good. She makes smoking look like fun.



In science, Mr. Z was talking about the warning signs in ads. It may look good but it's bad for your lungs.

SMOKING IS ADDICTIVE
and
Is a **HARD** Habit to **BREAK**



Once You Start It's Hard To Stop
So, Don't Start

**You Can Take the Lead
If You Are a Non-Smoker**



**Non-smokers feel better
about themselves**

At home, Frank decides to try it.



At home, Jennifer decides to see what it's like.



Frank decides it's not for him.



Jennifer decides it's not for her.



Frank and Jennifer are at a party.





Did you bring any dancing records?



Body News

Smoking just one cigarette will

- speed up your heart beat
- give you bad breath
- change the taste of your food
- cause a temperature drop in your fingers and toes.

Smoking affects you and others too!

Inhaling second-hand smoke will

- increase the level of carbon monoxide in your blood
- raise your blood pressure.

There is more in a cigarette than tobacco.
The plant was sprayed with poisons.
The cigarette has been treated with chemicals.

One thing is for sure about smoking.

If you start, some day you will try to quit.

Did you know - ninety percent of those who smoke have tried to quit?

We think

- smoking is an escape.
- smoking is a big expense.
- smoking smells!

DO YOUNG CHILDREN MIRROR OUR BEHAVIOR?



Will
Children Mirror
Smoking
Behavior?



Questions for Thought

Do you think Frank or Jennifer felt pressure to smoke?

Why doesn't the coach want his players to smoke?
Is this fair?

What does Jennifer learn in health class?
Do you know more facts?

How does Frank's cousin feel about smoking?
Why?

How does Jennifer's mother feel about smoking?

Why did Frank and Jennifer try smoking when they were alone?

What do Frank and Jennifer learn about smoking ?
What do they see ? hear? read? feel?

What was Frank's decision about smoking?
What helped him make this decision?

What was Jennifer's decision about smoking?
What helped her make this decision?

Were you ever tempted to smoke?



Do some friends encourage you to smoke?



Did you ever ask people why they smoke or why they do not smoke?



What is Your Decision?

Unexpected
AWFUL
TASTE



WARNING
↓

**THE SURGEON GENERAL HAS
DETERMINED THAT CIGARETTE
SMOKING IS DANGEROUS
TO YOUR HEALTH.**

Don't smoke!

Lips of a

Smoker 

will never

Touch 

Mine

