

Curious About Cigarettes

You notice that an adult left a pack of cigarettes on the kitchen counter. You're curious and want to take a cigarette from the pack. What do you do?

Use the FACE Decision-Making Model to help you make the safest decision.



Feel

1. How would I feel in this situation?

2. Why would I feel this way?

Assess

3. What are some reasons people do or do not smoke cigarettes?

4. What does smoking cigarettes do to the body?

Choose

5. What is the safest choice I can make?

Evaluate

6. What can I do instead of taking a cigarette?

7. What can I do if I tried the cigarette?

8. How can you protect yourself from second-hand smoke?