

Name: Reese Rathel  
4th grade  
Manila Elementary School  
Mrs. Tarver's Language Arts

When you smoke you get addicted to it and when you are addicted to it when you're mad you want to have it and that is not good for you. I am going to be a good influence by telling people that you would live a longer, healthier, and happier life without that in your way. You should always no matter what say no to all of these bad dangerous things that we do not need at all .

When you are over at your friends house and they ask you if you want to try a drug of any type. You should say no because that is not good for you, it could make you very sick and unhealthy. When you are younger you should make your decision about whether you're going to say yes to the deadly drugs or yes that makes it a lot easier on you because you already have your mind made up. If they do it you should try to stop them and tell them they need to go home and get some rest and drink a lot of water. Never ever do these things that could RUIN your life.

If your family starts to do some of these things then you could try to stop them by saying that is going to mess up your body and it is not healthy for you. When your family tries to get you to do these drugs you should say no and when your family does these things. You should tell them not to do it and to stay away from them. If you ever feel like your family does it too much then you should try to tell them to stop and tell them to never pick up what they had.

Here is a way to help your community. If your community starts doing drugs then you could put up posters saying your life would be better without these drugs and you would be so healthy without them in your way. You could be a good influence by saying to your community that you should not do those things, stay away from them, don't let yourself do them. If they threw these cigarettes or whatever it is on the road you could go round and pick up the stuff that they put on the ground. You should tell your community that the earth would be a better world without these things.

To conclude, all of these things are bad for you and you should not do any of these things. You should keep your friends away from it, your family away from it and your community away from it. Also you should keep all these people safe from these things and try to tell them no and be a good influence by telling them what is right for them to do and tell them what's not right for them to do. Try to keep them healthy and safe. From these bad things out there.

Name: Madison Bryson

Homeroom Teacher: Ms. Rucker

Grade: 4 School: Tzard county Elementary

Jana. rucker

"My Reason to Write"

BE AN INFLUENCER!!!! :)

I am not going to smoke or anything like that because you can get really sick and be in the hospital. I know a person who used to vape but she does not do it anymore. A lot of people smoke and vape and it is very bad for them. I know someone that is in the hospital. Some people smoke a lot and can not quit. I feel bad for the people that smoke that I know. I know a lot of people that smoke and it is bad. Some people can be very mad because they can not stop smoking or because family smokes but not all of them. I still love them just because they smoke but they do not love people. Just because people smoke does not mean they are bad people. Even if they do smoke they can be loved but that's ok if people do not love you that just means they don't like you but other people might like and love you. It's your choice if you smoke but it is a good idea that you don't smoke and then you don't have to

go to the hospital. If you don't smoke that is good and means that you are healthy. I do not like people not to be healthy but that is their choice and if they choose to smoke that is their choice and to me that is a bad choice. People can smoke but it can be hard for them to quit. Be healthy and choose not to smoke. It's ok to smoke just try to stop as quickly as you can. Don't think that people don't love you because you smoke but people might not love you because you smoke that's ok. Be yourself and do what your choice is. Don't think about other people think about you. Be confident in what your choice is. Be what you are and be yourself. Be what you know you can be don't think about what other people are going to be. A lot of people kept smoking even though people told them to stop. I love people in my family that smoke and they know that I love them a lot and it will always be that way. No matter what people in my family do I will still love them forever. A lot of people use pipes instead of cigarettes but if you choose to smoke a pipe that is your choice and you can choose what you want whenever you want so you can do whatever you want to do. Be yourself forever.

Name: Serenity Huffmaster  
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"My Reason to Write"

BE AN INFLUENCER!!!! :)

You shouldn't do nicotine or tobacco because then your lungs won't be healthy and it can put you in the hospital. People can get addicted to a lot of drugs. Like alcohol, cigarettes, etc. None of those are good for you or your health. Vapes might seem fun and nice, but they're not. They include nicotine. There's this new thing called RAAD it means "Rise Above Alcohol and Drugs". It's really cool. When you chew tobacco it can cause lip cancer. That's not fun. Drugs can cause lots of cancers, like throat cancer. Not doing drugs is like self care. It's very hard to quit drugs. You have a choice of doing it and a choice of not. It is hard to quit. Nicotine is very addictive. You shouldn't do it because then you'll keep doing it and won't stop then you'll get lung cancer. All drugs are very bad for you. Gas stations sell cigarettes and people

buy some. They buy a lot. People  
died because of drugs. My whole  
writing today is to inspire people not  
to do drugs. They can develop problems  
for you and your health. Don't do  
drugs! Keep being healthy!

Emersyn Wilkins  
5th Grade  
Woodlawn Elementary School  
Rison, Arkansas 71665  
Teacher: Krista Ashcraft

Hi, my name is Emersyn Wilkins and I want to help prevent nicotine and tobacco use. First, I want to share the things that can happen from these products. Nicotine is very addictive and it is dangerous. Nicotine can cause an increase in your blood pressure. It can also mess with your heart rate and your flow of blood. These things can cause serious problems like heart attacks, cancer, lung disease, diabetes, copd, and even death. Tobacco can also hurt your body. Smoking or dipping tobacco can lead to cancer, heart disease, stroke, lung disease, diabetes, and chronic bronchitis.

So now, let me tell you a little story about my dad. My dad used to dip tobacco. When I was a little girl, I was always very scared that something was going to happen to my dad. I always told him please stop dipping, "I don't want you to get hurt." When I was about eight years old, he quit. I was so happy. That made my day. I did my best to help him push through it. I believe that everyone can push through the addiction. It may take time and maybe a little help, but if you really care to quit the addiction, you can do it. Most people that read this are probably thinking she's just ten years old and doesn't know what she's talking about. I might just be ten years old, but most people say I act twice my age. Nowadays, people think if you have a vape (nicotine) then you're cool. Not in my eyes. When I see someone with a vape, the first thing that comes to my mind is immature. To me it's not cool. A lot of people say, "Well, I have to have it or I can't live without it." Actually you can, you're just so addicted that you don't want to even try. Even though vaping is better than tobacco, that doesn't mean it is not harmful. Just like

Briggs Robertson  
5<sup>th</sup> grade  
Holly Harshman Elementary  
Mrs. Montgomery

Living a tobacco and nicotine free life is something very important to me. I want to make sure I stay as healthy as I possibly can when it comes to what I put in my body. I want it to be important to the people around me too, since smoking and vaping affect more than just the person doing it. To help that happen, I plan to live a positive lifestyle to show others how it can be done. I will dedicate myself to living a smoke free and vape free life and I will stay away from those that don't whenever it is possible. I want to show others that it does not impress me. I will also learn the harmful effects so that I can educate others on reasons they should avoid it also. Finally, I will fill my time with positive interests and hobbies to show others that you can spend your time in better ways and have fun without smoking or vaping. When you find positive, healthy things to do that make you happy, you will hopefully learn that adding harmful and addicting drugs to your body, only wastes your money and time. I think all these things together will help my friends, family, and the people around me be influenced to try a tobacco and nicotine free lifestyle for themselves.

Luke Roberts  
5th Grade  
Woodlawn Elementary School  
Rison, Arkansas 71665  
Teacher: Krista Ashcraft

## My Reason to write!

By Luke David Roberts

“Eww, Dad! Why do you put that stuff in your mouth?” My dad dips tobacco, and I wish he wouldn’t. Tobacco contains nicotine, which is an addictive drug. Nicotine, according to the Mayo Clinic website, reaches inside the brain within seconds of taking one small, little puff and then travels to your brain where it makes you “feel good”. Nicotine is not only found in chewing tobacco, but also, in cigarettes, e-cigs, vapes, and cigars.

Nicotine stinks. Really. It stinks that it is the most addictive substance, according to addictioncenter.com, but it also smells really bad. Another reason why I do not like tobacco is because every time my dad asks, “Hey, Bud, can you go get me a can of snuff?”, I think, “Ok, but I am right in the middle of a Dude Perfect video.” Another reason why I do not like chewing tobacco is because you have to carry a spit bottle with you wherever you go. According to Wikipedia, tobacco has been around for 12,300 years. It was first used for religious and medical reasons. I wish it was still only used for those reasons.

Here are some additional facts about Tobacco. Tobacco can cause cancer to the lungs, mouth and gums, along with many organs. According to the National Institute of Medicine, tobacco can also affect the veins and arteries of your body, causing heart disease. Smoking can affect your vision and withdrawing from nicotine can cause anxiety and depression, according to Healthline.

So many people in my community must be addicted to nicotine. Every time I ride down my road there is so much trash, including empty tobacco cans and used cigarettes. According to the Center for Disease Control, the tobacco industry spends billions of dollars each year to promote their products. Now come on world! Do we really have to become addicted to this? I have an aunt who smokes. She lives in Mississippi, which means that she rarely comes to visit,



Kymber Coran  
Sixth Grade  
Mt.Vernon-Enola Elementary  
Mrs.Engdahl

Do you have someone in your life who smokes or vapes? All tobacco products, including vapes, cigarettes, pipes, cigars, and more contain nicotine, a very addictive ingredient that makes it hard to quit once you have started. Some ways that I can help to influence the people in my life to quit using products that contain nicotine is to show some examples of the bad effects of nicotine that can appear later in their life, remind them that they are influencing other people around them, especially kids, to start the bad habit, show them a healthy lifestyle, like mine, compared to one that includes nicotine, and to show them how much money they are wasting on things like vapes and cigarettes.

One way I can help the people in my life to quit using tobacco products is by showing them some examples of the bad effects of nicotine that can appear later in their life. Things that contain nicotine can become very addicting, which makes it hard to stop. Using things with nicotine in them can also cause stress, anxiety, it can change their mood, and the person can be more likely to develop depression overtime than non-smokers. You also have a bigger risk of dying at an earlier age than people who don't vape or smoke. Warning them that a person using things with nicotine in them is more likely to get illnesses and diseases like lung cancer, heart disease, strokes, and more might convince them to quit using tobacco products.

Another way I can influence others to quit using things containing nicotine is to remind them that they are influencing other people, especially kids, to start the bad habit. When kids or young adults who don't know any better see someone smoking or vaping, they think that it is cool or that they are supposed to do it because they weren't taught not to. If they don't want to encourage the people around them to end up in the same circumstances they are, they would quit for the ones they love.

I can also help to show others not to use tobacco products by showing them a healthy lifestyle, like mine, compared to a lifestyle that includes nicotine. Someone who doesn't smoke or vape will also be able to run and play sports without being out of breath. Someone who does will not be able to do the activities that they love without being tired or out of breath. If you were to go outside to play a game of baseball with someone who has been using nicotine for a while and someone who has never done it before, you would see that the person who has been using nicotine products for a while would be worn out and out of breath, and the person who is healthier would not be as tired. So if you want to be able to play all your favorite games and sports, you better not use tobacco products!

The last way I can help to persuade someone to not do things like smoking or vaping is by showing them how much money that they are wasting on things like cigarettes and vapes. Research shows that one person over the course of a year spends about \$4,690.25 on cigarettes if they were to smoke one pack everyday. That's a lot of money! But instead of spending all of that money on a bad cause, you could be doing something good with it, like giving it to charity, spending it on your family, or for other good causes. This might persuade them to quit using tobacco products if they are aware of all of the money that they are spending on cigarettes.

People in our everyday lives use tobacco products, including cigarettes, vapes, cigars, and more, that aren't good for their bodies or their health. I can help influence the people in my life to not use products containing nicotine by showing them the bad effects of nicotine that can appear later in their life, remind them that they are influencing others, especially kids, to start the bad habit, show them a healthy lifestyle, like mine, compared to one that includes nicotine, and by showing them how much money that they are wasting on things like cigarettes and vapes. How can you influence the people in your life to not use tobacco?

# **Nicotine and Tobacco**

**By**

**Brannigan Moore**

**6th Grade**

**Perryville Elementary School**

**Courtney West**

There are many dangers in our society today, these dangers are mainly hazardous and precarious substances. Two of the most dangerous substances are nicotine and tobacco. It is important for us to stay away from these harmful substances! We should treat our bodies and minds with care and respect. These substances can harm our bodies and minds. It's also very important to educate yourself on this subject to make sure you know the effects it can have on you! Always make good choices!

When you think of nicotine and tobacco, what do you think of? I think of teenagers. The main users of vapes and cigarettes are teenagers. Younger lungs that are exposed to nicotine, tobacco, and the smoke coming from them have a higher risk for problems later in life. Smoking and Vaping is a very dangerous game to play. It can absolutely destroy your lungs, and your lungs are a very important organ. Your lungs are your life jacket. They are your oxygen tanks. When you smoke and vape, your lungs begin to turn black. When your lungs begin to turn black, they are also dying. Tobacco and Nicotine can cause so many harmful problems in your body that can even kill you. As I stated at the start of this paragraph, teenagers are the main users of cigarettes and vapes. There are plenty of reasons for teens to use cigarettes and vapes. Some use them because they think it's cool. They may have been offered a "hit" by one of their friends and they wanted to be seen as cool. The truth is, it's not cool at all. Some teens may have seen their parents or certain family members use vapes and cigarettes and wanted to follow their footsteps. Some teens may also use it as a coping mechanism. I know plenty of teenagers who have vaped, smoked, self harmed, and used other coping mechanisms that are harmful to themselves AND others. If there was one thing I could tell the world, it would be to not vape or smoke. It's horrible for you and I wish I could stop this problem and save many lives by doing so.

One way I stay nicotine and tobacco free is by understanding the harm it can cause me AND others. It could harm me terribly and I don't want to do that to my body and neither should anyone! Your body is something to take care of, not downgrade. Vaping isn't cool, smoking isn't cool, it's only harmful. It can give you so many problems that you may not get to live to see. The average lifespan of a smoker is less than 60 years old. That may seem long to you but you should be thinking of the long time of pain and hazards you will have to go through. I try to encourage being nicotine and tobacco free by educating myself in the harms it can cause my body. My body should be treated with care and respect from everyone, including myself. By educating myself, I am able to know the cause and the effect(s) of vaping and smoking, and I want to do neither!

You should always encourage being nicotine and tobacco free. You could save many lives by doing so. Make sure your friends and family know the dangers of it. Encourage them to quit or not start so that you both can enjoy a long lifetime together. Don't smoke or vape just because someone tells you to or you see someone doing it. IT ISN'T COOL! You should want to encourage people to not smoke and vape, not encourage yourself too! Treat your body with respect! Make sure those who smoke and vape know the harmful effects of it. If someone ever tries to force you into vaping, smoking, and doing drugs, seek adult help. Don't try to downplay it. This topic is serious. It could affect your life greatly and it should NOT be taken lightly. Always make sure to encourage others not to vape and smoke!

There are many dangers attached to smoking and vaping. You should never want to! Do ever let the temptation get to you. Treat your body with respect. Treat your mind with respect! Educate yourself of the hazards of smoking and vaping. Tell yourself not to smoke and vape, and tell others not too! Educate others about all the dangers! Treat yourself kindly!

Perryville Elementary  
6<sup>th</sup> grade  
Mrs. Courtney West

## Let's Be Tobacco FREE!

By Briley Blackmon

Hey guys it's me again! Your friend Briley! I'm posting on my Snapchat story! Today I want to talk to you about tobacco! I don't want some of you to leave because you think it will be boring. All I want to do is inform you about the dangers of tobacco. You can live a fun-filled life without tobacco! Tobacco is an unhealthy, addictive thing. Tobacco can ruin your life. I don't want that for you guys! Nicotine is also bad. You can get addicted to it without even knowing. Nicotine can change you for the worse. But don't let me bring you down! I want to be cheerful and positive. I don't want to be mean and hurtful.

Nicotine and tobacco make me think of teenagers and adults. Sometimes even kids. That makes me sad that little kids are around tobacco. But we can try to make it better! We can try to encourage kids with a good reason why to not smoke! We can try to help them understand why not to smoke! Smoking can hurt them a lot more than it can an adult. Kids are more fragile than adults. Kids need more care sometimes. Most of the time kids that smoke or use nicotine get very sick. Sometimes it can be fatal. When some kids have an earlier death than they should. That just breaks my heart. It also breaks the parents heart. When their little angel passes away from smoking or nicotine. My uncle Jim is a smoker and he isn't healthy. It breaks my heart to see him so sick. I don't want other people to experience the pain I go through to see him in the hospital barely able to talk. But don't let me ruin your mood.

Life is not all downs! Even if you smoke cigarettes or use nicotine you can still stop! It's not too late to quit ! There is still hope for you if you smoke. Everyone has a chance to stop. Even if you think you don't deserve help to try to stop smoking . There are people out there who would like to help you quit smoking. People in your life are there for you. Your family, friends, and other people. People care about you alot ! No one does not deserve help! You can get help as long as you ask! It is never too late to stop. When you stop you might save yourself from pain in the future! So when you stop you can have fun! I know quitting is hard. You get headaches and you crave nicotine. But you can do it! Then when you don't crave it anymore you're done. You quit smoking! You won the battle against nicotine and tobacco!

Life has its ups and downs. In lots of peoples lives tobacco is one of the downfalls in their life. Lots of people start smoking because they think it's cool.I especially know that teenagers think smoking is cool. It's not cool to get sick! I know for sure I don't like being sick. So why would you want to make yourself sick? Some people's voices change because of smoking. Sometimes nicotine can hurt your outside appearance too. But that won't happen to

you if you don't smoke. Or if you quit smoking. My uncle Jim smokes a lot. He barely leaves the house and is too tired to do things. I love my uncle, but I hate to see him like that. I don't want other kids to see anyone that they care about look like that. I love him. I just want him to be healthy. I want everyone to be healthy. I want my friends to be healthy, my family, everyone I care about. I want everyone to be healthy! Especially you!

I hope you enjoyed this tobacco free speech! Take care of yourself. Don't listen to anyone beside yourself. If they tell you you have to smoke cigarettes to be cool, don't do it. It can hurt you and other people. It's not cool to get cancer. I love everyone even if they smoke. They just need a little help to quit. Some people just are going through things in life where they are trying to find a little way to get away. So they turn to tobacco. But I hope that won't be you after this speech! Just don't make bad choices. Be safe and have fun! Your friend Briley!