**Announcements K-5**

**Staying Safe**

* Part of growing up is learning to keep yourself safe and to make healthy choices. Your lungs need good, clean air to stay healthy. Try not to breathe in smoke!
* Being safe means being aware of things that are dangerous. Medicines that are not meant for you can be dangerous for you. If you find any of these, tell an adult so they can be put away. It is never safe to eat or drink something if you are not sure what it is.
* You may know older kids who smoke who might try to get you to try smoking. Tell them, “No, thank you” and walk away. Hang out with friends who care about you.
* Any kind of smoking is bad for your health. Your body is smart. When someone tries smoking for the first time they can cough a lot and sometimes feel pain in their lungs. This is your lungs way of letting you know that these chemicals are bad for your health. Remember smoke free is the way to be!
* Did you know that people who choose NOT to smoke can do more activities because their lungs are chemical-free, and it is easier for them to breathe? Stay healthy and say “NO” to smoke.
* Did you know that smoke affects everyone who is around it? Ask anyone who is smoking to go outside and be away from others.
* Our lungs help us breathe. Breathing well is important for playing with our friends and running. Did you know that smoke makes it hard for us to breathe? Say NO to smoke!
* It is important to be good to your body. Saying “NO” to things that are dangerous is good for you. Remember to always eat healthy foods and exercise.