



## Intercom announcement ideas for Red Ribbon Week

1. At (name of school) we are proud to have a drug-free campus and drug-free sports program.
2. Nicotine reduces blood flow to all parts of the body. It affects athletic performance and puts stress on the heart.
3. Big tobacco companies spend about \$120 every MINUTE in Nebraska, lobbying, advertising and promoting their poisons. They are like venomous snakes, trying to get new users to replace the ones who die!
4. Adults who don't smoke have fewer wrinkles.
5. Smoking makes skin dull and hair brittle.
6. Hauling around an oxygen tank is not any fun, but something that many long-term smokers live with every day.
7. Tobacco can cause gum disease and tooth loss.
8. Vapes often contain high levels of nicotine, a harmful and highly addictive chemical.
9. Cravings are bad news! Anyone who is caught up in the vaping habit can get help! Text DITCHVAPE to 88709.
10. Drinking and driving can cost up to \$10,000 in court fees, probation, driving classes, higher insurance premiums, etc. That does not include medical bills or damage to cars and other property.
11. The chemicals in a vape cloud can seep deep into the lungs and may cause serious, long-term damage. Remember, it's aerosol, not harmless "vapor."
12. The heating elements of vape devices can release dangerous heavy metals into the lungs.
13. Smoking harms nearly every organ of the body and can cause all kinds of cancers, breathing problems, birth defects, etc..

14. Chewing tobacco can cause cracked lips, white spots, sores and bleeding in the mouth.
15. Chew is extremely addictive and no way to have a carefree life.
16. Take care of your body. You have to use the same one your whole life.
17. Your brain will continue to develop until about the age of 25. Nicotine, alcohol and other drugs change the way important nerve connections are made in the brain. They affect reasoning skills and can set you up for long-term addiction.
18. Marijuana use increases the risk of mental health problems.
19. When young women smoke, it lowers their level of estrogen and increases their risk of developing osteoporosis (brittle bones).
20. When boys smoke, it can make changes in their bodies, increasing the chances that children born to them years later will have asthma.