

Morning Announcements

Elementary School Morning Announcements

- Good morning! Here's a "Be Tobacco-Free" fact for the day: Tobacco contains nicotine, a drug that makes smoking addictive. It gets you hooked and it costs you!
- Good morning! Here's a "Be Tobacco-Free" fact for the day: Chewing tobacco can cause diseases and cancers in your mouth.
- Good morning! Here's a "Be Tobacco-Free" fact for the day: Smoking causes your heart to work harder than it should.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Secondhand smoke is a combination of smoke from the burning end of a cigarette, pipe, or cigar and the smoke exhaled by a smoker. Secondhand smoke is also called environmental tobacco smoke and it contains more than 4,000 chemicals- many that are poisonous.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Fires caused by smoking in bed, or by children who were playing with the matches of a smoker, kill thousands of people each year.
- Good morning! Here's a "Be Tobacco-Free" fact for the day: Most people (about 80%) choose to be tobacco free.
- Good morning! Here's a "Be Tobacco-Free" fact for the day: Thinking about trying out for a sports team? Well, if you smoke no matter how hard you train, you'll have more trouble breathing, less endurance and poorer performance than the athletes who don't smoke. Don't let tobacco make you a second-rate athlete.
- Good morning! Here's a "Be Tobacco-Free" fact for the day: 75% of smokers wish they could quit, but can't.
- Good morning! Here's a "Be Tobacco-Free" fact for the day: Someone in the U.S.A. dies from tobacco about every 8 minutes. Worldwide, it's 8 deaths per second.
- Good morning! Here's a "Be Tobacco-Free" fact for the day: Chew tobacco, contains 28 bad ingredients that cause cancer.

Middle School Morning Announcements

- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Tobacco contains nicotine, a drug that makes smoking addictive
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Tobacco companies sell cigarettes with labels like "light" and "low tar" to mislead the consumer to think they are less harmful. They are just as harmful as other cigarettes.

- Good morning! Here's a "Be Tobacco-Free" fact for the day: Children who breathe secondhand smoke are at increased risk of getting asthma, ear infections, bronchitis, pneumonia and other respiratory infections.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: The American Cancer Society says spit tobacco users are 50 times more likely than nonusers to contract cancers of the cheek, gum, and lips.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Tobacco kills more people each year than HIV, alcohol, car accidents, murders, suicides, and drugs combined.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Young men and women who smoke are more likely to get injured during exercise, and smokers heal slower from injuries than nonsmokers.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Secondhand smoke is a combination of smoke from the burning end of a cigarette, pipe, or cigar and the smoke exhaled by a smoker. Secondhand smoke is also called environmental tobacco smoke and it contains more than 4,000 chemicals-many that are poisonous.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Someone in the U.S.A. dies from tobacco about every 8 minutes. Worldwide, it's 8 deaths per second.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Thinking about trying out for a sports team? Well, if you smoke no matter how hard you train, you'll have more trouble breathing, less endurance and poorer performance than the athletes who don't smoke. Don't let tobacco make you a second-rate athlete.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Cigarette companies need you to buy cigarettes to give them money. Don't believe their ads.

High School Morning Announcements

- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Has anyone ever said that smoking only a few times is okay? Well like it or not it's easy to get hooked. Nicotine works fast- it takes just seven seconds for nicotine to reach your brain, and as your body gets use to the nicotine, it needs more of it to satisfy you. Before you know it you're talking about a lifetime of addiction.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Thinking about trying out for a sports team? Well, if you smoke no matter how hard you train, you'll have more trouble breathing, less endurance and poorer performance than the athletes who don't smoke. Don't let tobacco make you a second-rate athlete.

- Good Morning! Here's a "Be Tobacco-Free" fact for the day: In 2000, the tobacco industry spent 9.6 billion dollars (26 million a day) in marketing tobacco. Nine billion is the number nine followed by nine zeros! 9,000,000,000
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Tobacco kills more people each year than AIDS, alcohol, car accidents murders, suicides and drugs combined.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Tobacco companies sell cigarettes with labels like "light" and "low tar" to mislead the consumer to think they are less harmful. They are just as harmful as other cigarettes.
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- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Most people (about 80%) choose to be tobacco free.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: 75% of smokers wish they could quit, but can't.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Smoking is responsible for at least 87% of lung cancer cases.
- Good Morning! Here's a "Be Tobacco-Free" fact for the day: Someone in the U.S.A. dies from tobacco about every 8 minutes. Worldwide, it's 8 deaths per second.