

Getting to know yourself

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You don't smoke. You know it's harmful but you'd like to try...

You smoke to be like the others, so you don't feel left out, to prove that you exist! And yet, when you think about it, do you really need to have a cigarette in your hand to make your presence felt, to show that you have a real personality?

Do you really think that smoking will transform your social life? Of course not and you know that perfectly well. The first cigarette has a taste of freedom because you're under the **impression that you're defying something forbidden** when in reality, you're plunging into a furtive addiction.

You smoke more to reassure yourself than to feel free! So do you really need a cigarette to "be someone"? ... By not falling into the trap of the first cigarette, you'll prove that you're independent, self-confident and that you desire to live healthily.

Because you have confidence in yourself and because you're unique, you'll know not to do what other people do and not to be taken in by smoking.

Une initiative de l'Union Européenne

