

Smoke Free

Stupid things to do are get cigarettes, have cigars and vape
Money don't waste it on cigarettes
Ohhhh no don't smoke
Kills many people every year
Everyday people also die from lung cancer
Fire can be started if you drop a cigarette
Ready to quit smoking right now
Every year the prices on cigarettes become more expensive
Every cigarette can ruin your lungs

Sean Walsh

Grade 6

Memorial Middle School

Smoke Free Poem

Don't Smoke it's a joke
You'll cough so much that you might choke
It's bad for you and it's bad for me
Not just for us but for everybody
It puts carbon monoxide in the air
We only have one earth, so we need to care
It's like a cloud of poison sitting everywhere
A horrible sight to see a cigarette ready to ignite
So lets not smoke am I right?

Dahlia Hedrick

Grade 6

Memorial Middle School

Be Smart, Don't Start

Don't smoke here or there.
Don't smoke anywhere!

It is bad for you
And makes other people blue.

You will damage your lungs
And you can hurt your tongue.

Smoking is horrible, that's what I think
I hope you don't skip over this in a blink.

This is important, I want you to know
So, stick with me and follow.

When you smoke your lungs turn pitch black
So, do yourself a favor and don't smoke a pack!

When you smoke this is what you hear
Cough, cough, whistle, crackle, wheeze...
And cease!

Your lungs no longer work
It's so hard to take a breath
Next is death.

So, let's all use teamwork
Let's end smoking once and for all
And we will all finally stand tall!

Sarah Duran
Grade 6
Memorial Middle School

Turn Away

A cigarette seems like a harmless thing
Promising a better life,
A better world
One there may never be

But white and orange paper
Doesn't mean better
It means yellowed teeth and lung disease,
Raspy voices and muscle pain

Tobacco steals your friends,
He steals your family
And robs your bank account
Until you have nothing

So, turn away
Turn away
Don't give your life up
Turn away

Holly Haeck
Grade 6
Memorial Middle School

The Never-Ending Problems Smoking Can Cause You

Smoking may look cool
Smoking may look fun
But smoking is for fools
And your life will be close to done

Smoking is addicting
Nicotine makes sure of that
And cigarettes are inflicting
Because of it you might fall flat

All of your friends do it
They do it without a second thought
They may call you a misfit
But in the end, their teeth will rot

Smoking may look cool
Smoking may look fun
But smoking is for fools
And your life will be close to done
It damages your eyesight
There's a chance of lung disease
You won't be all right
So, don't smoke please

A little piece of paper
Is a disaster waiting to happen
Is a money caper
Will make your family sadden

Smoking may look cool
Smoking may look fun
But smoking is for fools
And your life will be close to done

Smoking can cause so much trouble
Yellowed teeth, a raspy voice, and gum disease are just a few
Your lungs will be reduced to rubble
The never ending problems smoking can cause you...

Melanie Bodley
Grade 6
Memorial Middle School

Smoking: A Big Mistake

Once you start smoking it's hard to go back,
And then you don't stop 'til you've smoked your lungs black

Addiction is dangerous and tough to break
Your health or your life it is likely to take
It's scary action that's hard to undo
Like a loud, harmful monster stuck inside of you.

The torture you feel when you just can't stop
Is a black magic that will speed up your clock
Your time will be up far too soon
All because of a small little object
That brought you to doom

Is it worth it, all the grief
From yourself and your family as they see you leave

Everything you've worked for, tossed in the trash
All blown away in a dark cloud of ash
Don't do it, don't start
You're helpless to the addiction
That tore you apart

After all this, deep down in your heart
You finally understand your error
Picking up that cigarette,
Filled with so much unseen terror.

Veronica Fleming
Grade 6
Memorial Middle School

You Should Never Smoke

Once you start smoking it can endanger your life and health
Money goes down the drain and self-esteem goes into the rain
It's a habit that will follow you to your grave
People who see you smoke are in disgust and ashamed
If you smoke, you're not cool or in the hall of fame.

Tameka Liang

Grade 6

Sterling Middle School

Don't Go There

Smoking don't go there,
you shouldn't want to do it
It should be a fear,
smoking is very bad
You go in and out of hospitals
It will make everyone sad
You could be outside active have fun
Not in a hospital bed out of the sun
You don't want to be sick
Make the choice and
Don't do it.

Abby Bither

Grade 6

Sterling Middle School

Smoking is Never the Answer

Don't ever smoke
It is not a joke
You will become sick
When you're an old folk

Smoking is never the answer
It will give you cancer
The more you smoke
You'll lose your dream of becoming a dancer

When you smoke
You will ruin your liver
When you smoke outside
You will start to shiver

You will start to pray and say please
Don't give me gum disease
Soon enough you will learn
That smoking is never the answer

Olivia White
Grade 6
Sterling Middle School

One Cigarette

One Cigarette life shatters
Constant addiction unable to sleep
Coughing in pain
Smoking a nightmare stay away
Don't follow the same route
Stay free from a monster
Gives gum disease causes lung problems
Don't smoke.

David Li
Grade 6
Sterling Middle School