

Peer pressure- is when friends or classmates try to influence your choices, sometimes in a good way and sometimes in a bad way.

Smoking- is when a person breathes in smoke from a cigarette or other tobacco product.

Alcohol is a drink for adults that can change how the body and brain work.

- What is smoking?
- How smoking can damage your lungs.
- How alcohol can affect your body or behaviour.
- What are steps for recovery position?
- How to have a healthy body?

