

WORKSHEET 14

Mary and Thato are best friends. Mary started to experiment with cigarettes at a party one night, but Thato decided not participate with her. Over time, Mary started to smoke more frequently, especially when she was under stress. Thato loves her best friend but she made the decision not to start smoking. She copes with her stress by doing her hobbies or taking a walk.



Activity: Can you think of reasons why a person would choose to smoke or not to smoke. Mention them in the space provided.

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