

A man and a woman are sitting on a wooden bench outdoors. The man, on the left, is wearing a red polo shirt and smiling at the camera. The woman, on the right, is wearing a red and white striped sweater and looking towards the camera with a smile. They are both holding glasses of red wine. The background is a blurred green landscape. Overlaid on the image is the text 'UŽIVAJTE BEZ DUVANSKOG DIMA' in a large, yellow, serif font.

**UŽIVAJTE
BEZ DUVANSKOG
DIMA**

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PRIČA O DUGOVEČNOSTI



ZAŠTO MLADI PUŠE ?

"DA BI BIO PRIHVAĆEN U DRUŠTVU..."



P. Borović

A photograph of two young men in a lush, green jungle setting. The man on the right is blowing a large, thick cloud of white smoke from his mouth, which is superimposed with a blue-tinted smoke effect. He is wearing green shorts. The man on the left is looking towards him and is also shirtless, wearing a dark waist cord. The background is filled with dense tropical foliage.

"DA BI IZGLEDAO STARIJI"...

A photograph of a man with dark hair and a beard, wearing a black t-shirt, laughing heartily. He is seated and looking towards the right. The background shows a room with a light-colored wall and a dark coat hanging on a door. A white electrical cord is plugged into an outlet on the door. The lighting is warm and slightly dim.

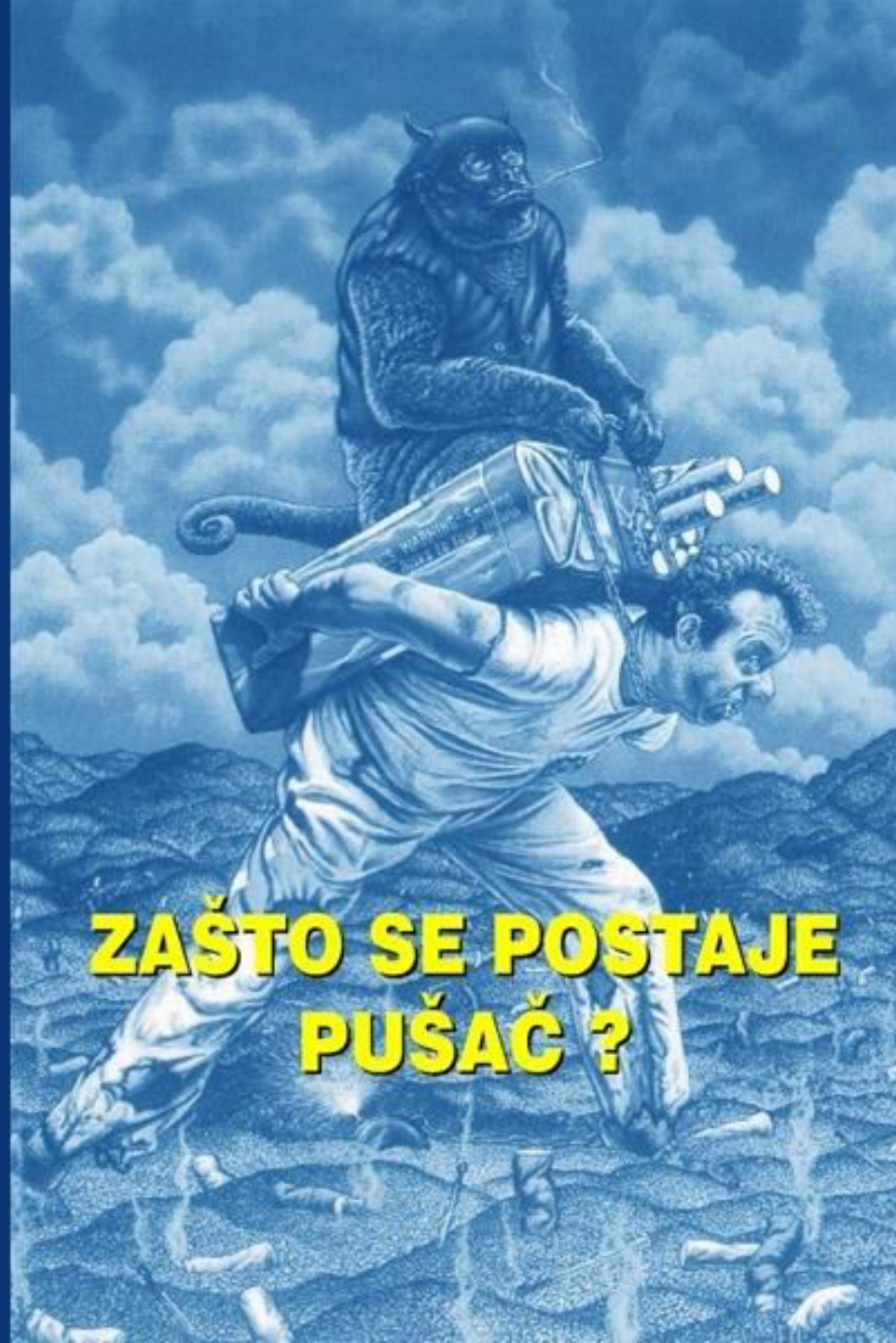
**DA SKRENE
PAŽNJU
NA SEBE**

A photograph of a young man and woman in a close embrace. The man, on the left, has dark hair and is wearing a light blue button-down shirt. He is holding a lit cigarette in his right hand, which is near his face. The woman, on the right, has blonde hair and is wearing a blue patterned shirt. She is looking towards the man. The background is a plain, light-colored wall. The overall mood is intimate and romantic.

**DA OSTAVI POVOLJAN UTISAK
NA SUPROTNi POL**

A chimpanzee is depicted in a formal brown suit, sitting and holding a small, light-colored, scruffy dog in its arms. The chimpanzee has a cigar in its mouth and is resting its head on its hand. The background is a solid dark green.

**"IMAM PUNO
PROBLEMA"**



**ZAŠTO SE POSTAJE
PUŠAČ ?**

**I ako u početku
izrazito neprijatnog
mirisa i ukusa,
duvanski dim
neočekivano brzo
postaje
POTREBA**





**Za većinu pušača
opojne komponente dima
postaju obavezan sastojak
metabolizma nervnih ćelija...**



**Ako potreba nervnih ćelija
nije na vreme zadovoljena
NOVOM DOZOM
DUVANSKIH OTROVA...**

**PUŠAČ POSTAJE
dekoncentrisan,
nervozan,
pojačano agresivan...**

A photograph of a man in a yellow shirt smoking a cigarette. He is looking upwards and to the right. In the background, another person wearing a green and yellow headwrap is partially visible. The image has a slightly grainy, vintage quality.

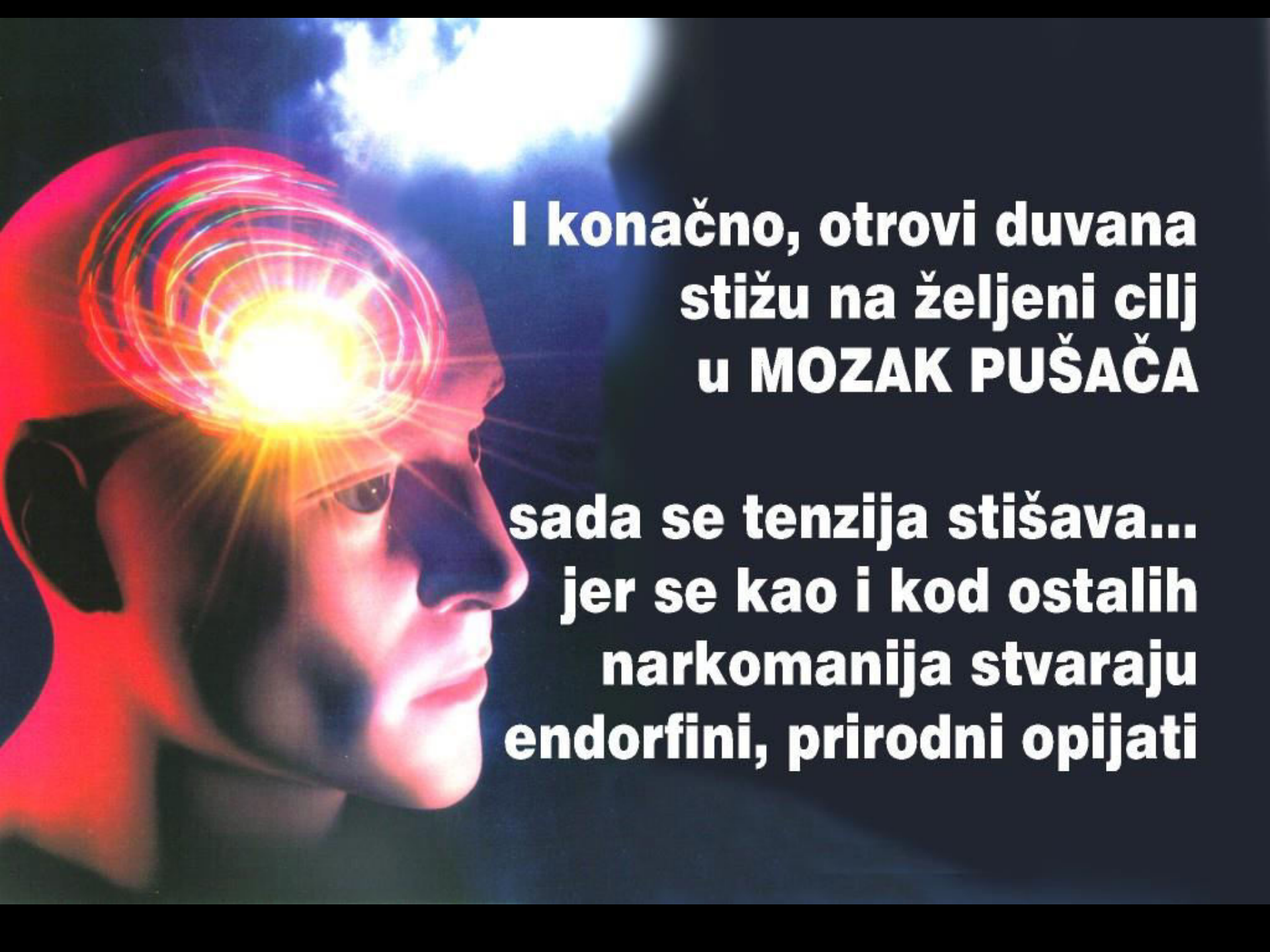
**I kada se zapaljena cigareta
konačno nađe
U RUKAMA PUŠAČA...**

**On žudno svoja pluća
ispunjava
OTROVNIM OBLAKOM
DUVANSKOG DIMA**



**Iz pluća za par sekundi
otrovi cigarete prelaze
u krvotok...**

**...a pušač to oseća kao
"RAZLIVANJE BLAŽENSTVA
PO TELU"**



**I konačno, otrovi duvana
stižu na željeni cilj
u MOZAK PUŠAČA**

**sada se tenzija stišava...
jer se kao i kod ostalih
narkomanija stvaraju
endorfini, prirodni opijati**

**Vremenom, prijatan osećaj
droge duvana se smanjuje
i nestaje**

**DA BI OBNOVIO RANIJI
PRIJATNI OSEĆAJ,
PUŠAČ - puši sve brže, nervoznije...
i na kraju POVEĆAVA BROJ
POPUŠENIH CIGARETA...**





**ZASTANIMO
I OBJEKTIVNO
RAZMISLIMO
ŠTA DOBIJAŠ I ŠTA GUBIŠ
PUŠENJEM CIGARETA**

**DOZVOLITE PUŠAČIMA
DA NABROJE SVE "KORISTI"
OD PUŠENJA CIGARETA**

A close-up photograph of a man's face. He has a cigarette in his mouth and another cigarette balanced on his forehead. His eyes are closed, and he has a relaxed expression. The background is a bright, out-of-focus blue sky.

**KAKO OKOLINA
DOŽIVLJAVA PUŠAČE ?**

PUŠAČI DELUJU PRLJAVO:

- šire neprijatan miris duvana
- njihova koža deluje zapušteno
 - suva
 - bleda
 - stari pre vremena
- zubi pušača deluju neoprano zbog tamnih ostataka katrana
- prsti na rukama deluju neuredno sa žutim flekama

PUŠAČI PRLJAJU OKOLINU

Tragovi pušača

- pikavci**
 - pepeo**
 - delovi kutija**
 - staniola**
 - celofana**
-
- zagađuju vazduh koji udišemo**

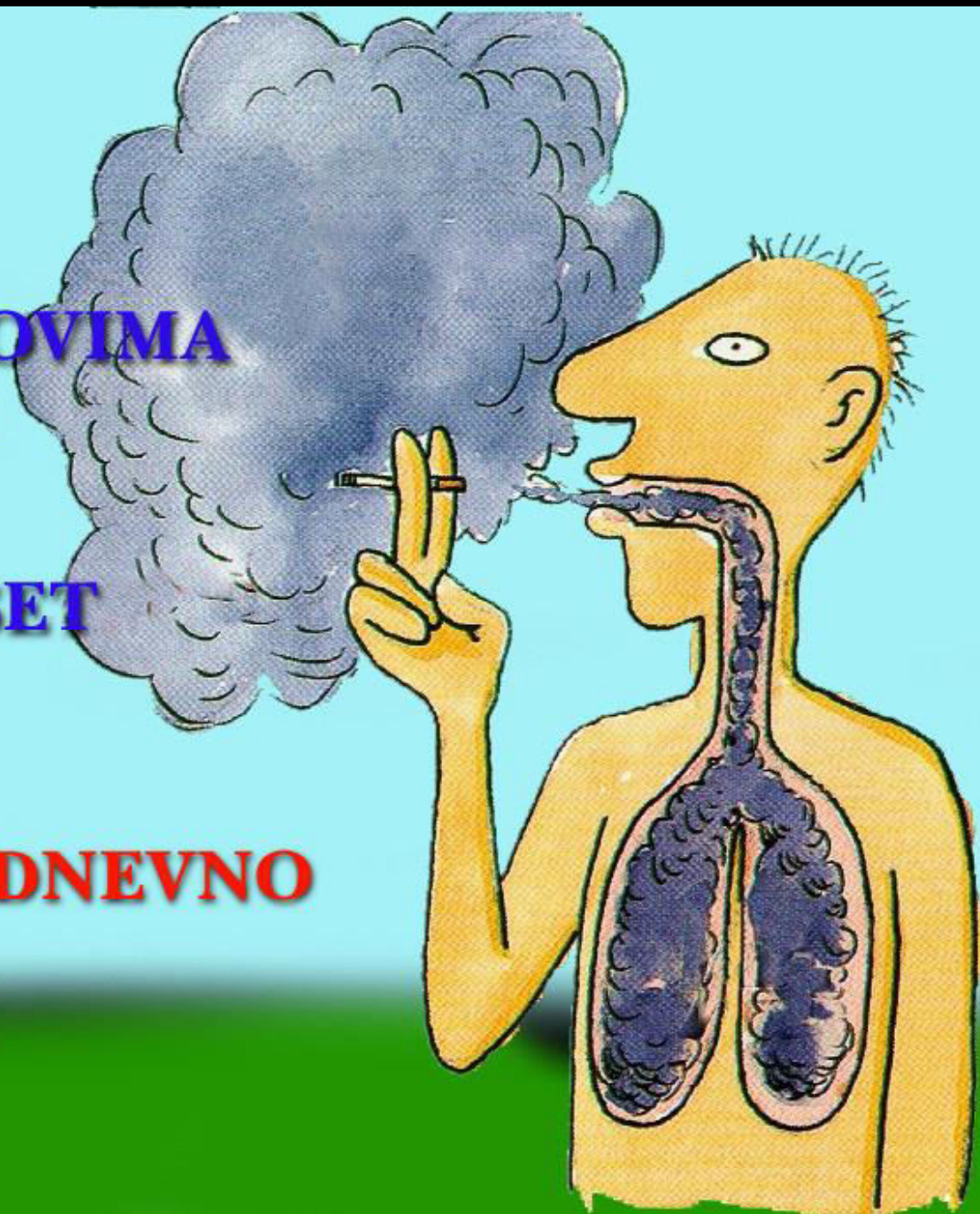




P. Borovic

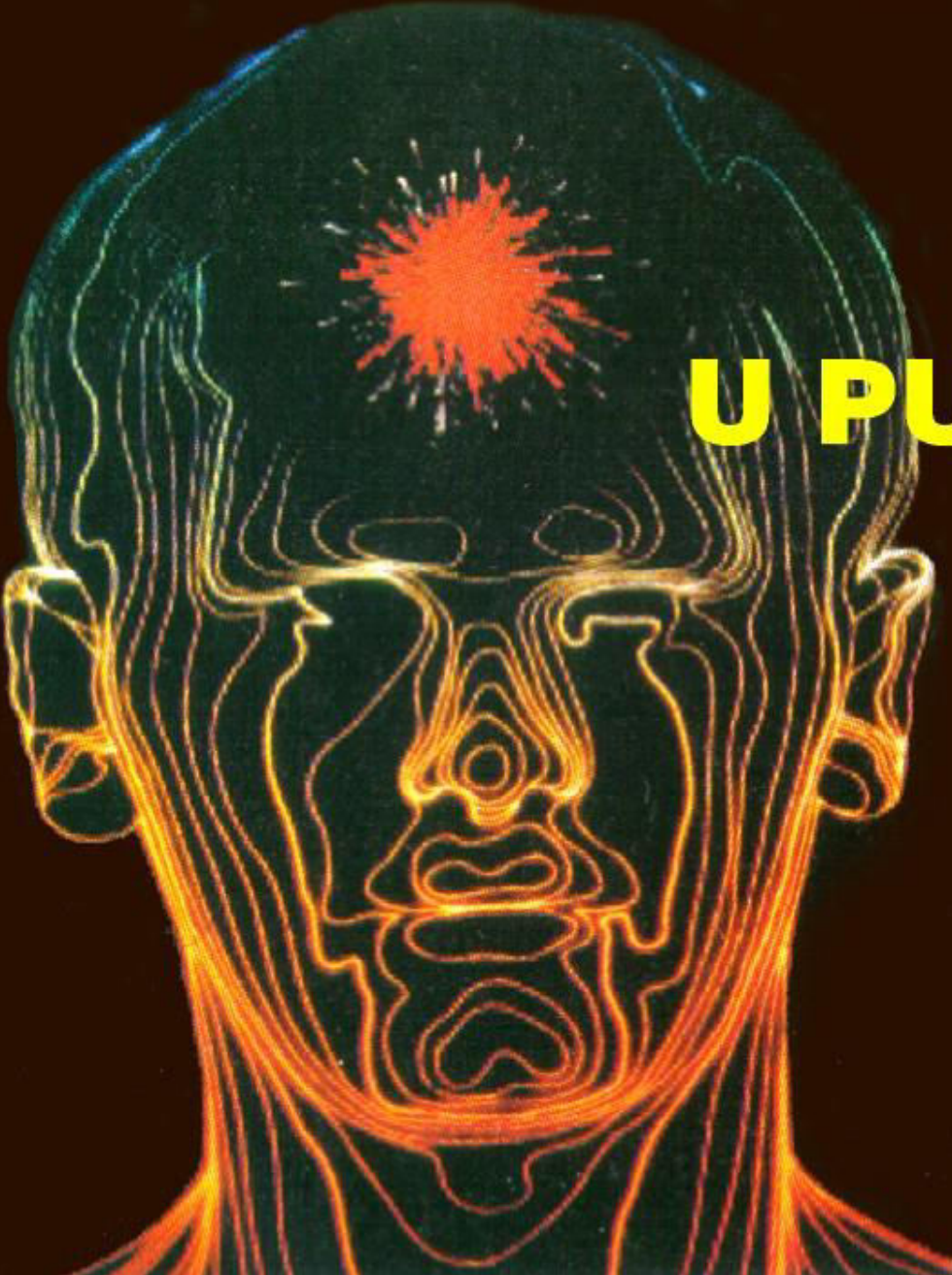
**UPRAVO TIM OTROVIMA
PUŠAČ ISPUNJAVA
SVOJA PLUĆA
DVADESET, TRIDESET
I VIŠE GODINA**

20, 30 I VIŠE PUTA DNEVNO



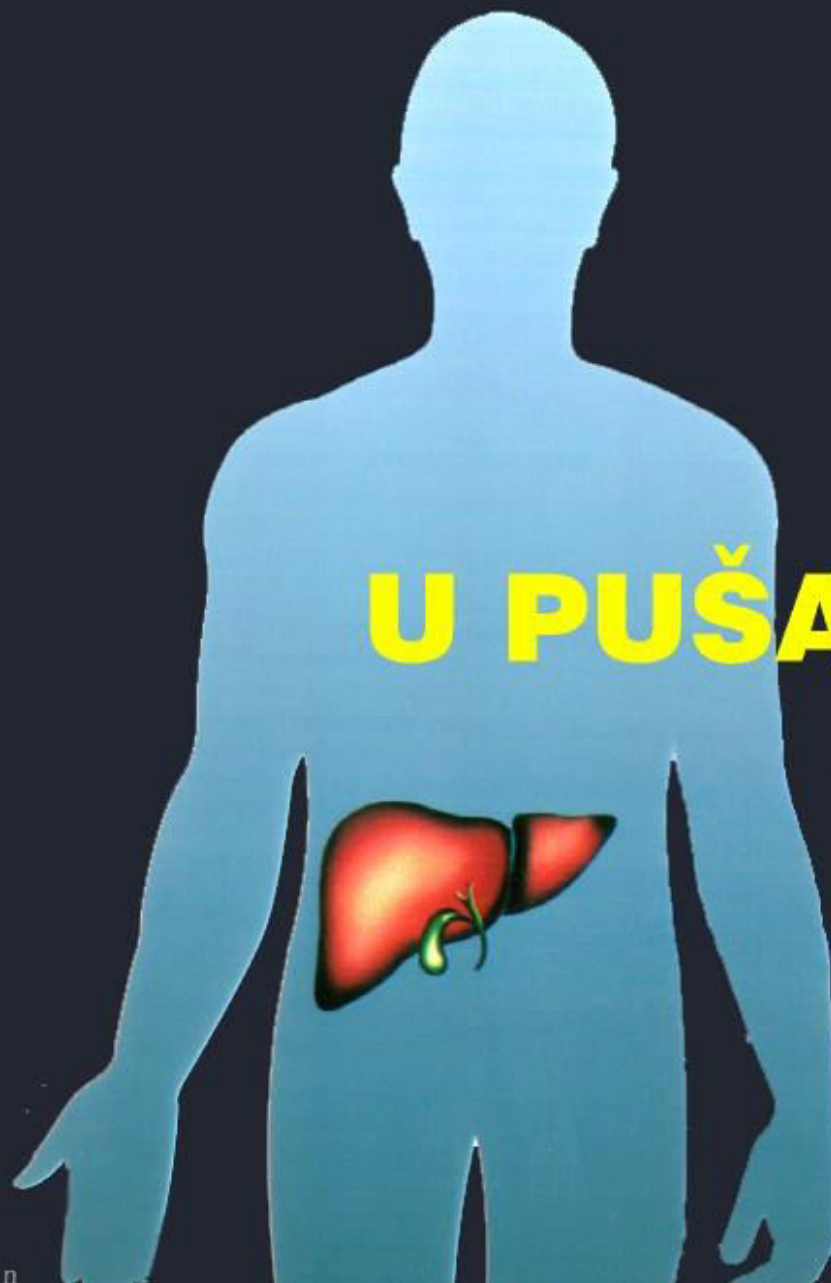


U PUŠAČEVOJ KRVI



U PUŠAČEVOM MOZGU

U PUŠAČEVOJ JETRI



An anatomical illustration of the female reproductive and urinary systems. At the top, two reddish-brown kidneys are shown, each with a yellow ureter leading down to a pear-shaped, reddish-orange bladder. The bladder is connected to a pink, coiled fallopian tube on each side. Below the bladder is a yellow, multi-lobed structure representing the vagina and cervix. The entire illustration is set against a light blue background with faint, stylized white lines suggesting the body's outline.

U BUBREZIMA I POLNIM ORGANIMA

U GRUDIMA DEVOJKE





**...a izlučuje se mlekom
majke pušača**

dok doji svoje čedo

P. Borović

**OSEĆAĆEŠ SE LEPO
KADA POMOGNEŠ DRUGU DA
NE PUŠI !**

DRUŽI SE SA NJIM

- **ako je nešto dobro uradio
ohrabri ga i pohvali**
- **upoznaj ga sa svojim društvom**
- **zapamti kada mu je rođendan**
- **pozovi ga na kolače, sok**

- **POTENCIJALNI PUŠAČI, ADOLESCENTI, OBIČNO POTIČU IZ PORODICA SA NIŽIM STUPNJEM OBRAZOVANJA**
- **NEDOVOLJNO SE BAVE SPORTOM I IMAJU SLABIJU KONDICIJU**
- **ČEŠĆE DOŽIVLJAVAJU NEUSPEHE U ŽIVOTU A U ŠKOLI IMAJU LOŠIJE OCENE**
- **OBIČNO POTIČU IZ PORODICE PUŠAČA**

**KAKO DA
PRESTANEM
SA PUŠENJEM
CIGARETA?**

DETOKSIKACIONO SAVETOVALIŠTE ZA ODVIKAVANJE OD PUŠENJA

Tel.: 011-456 652

**informacije radnim danom
od 10 - 14 sati**

- ✓ Zyban - lek za odvikavanje od pušenja koji neutrališe zavisnost od cigarete i sprečava “krizu” tokom lečenja nikotinske zavisnosti
- ✓ Terapija traje 8 nedelja
- ✓ Izvanredna efikasnost, retki i blagi neželjeni efekti

Dodatne informacije:

☎ 011 456 652 od 10-14h
Savetovalište za odvikavanje od pušenja



**ŠTA DOBIJAMO
PRESTANKOM
PUŠENJA?**



**OTKRIĆEŠ I PONOVO UŽIVATI
U MIRISIMA HRANE, CVEĆA I POLJA**

A woman with long dark hair is smiling and eating a red apple. She is holding a brown paper bag filled with fresh vegetables, including green leafy greens and orange carrots. The background is a bright, slightly blurred indoor setting with a window showing a view of a body of water and a building.

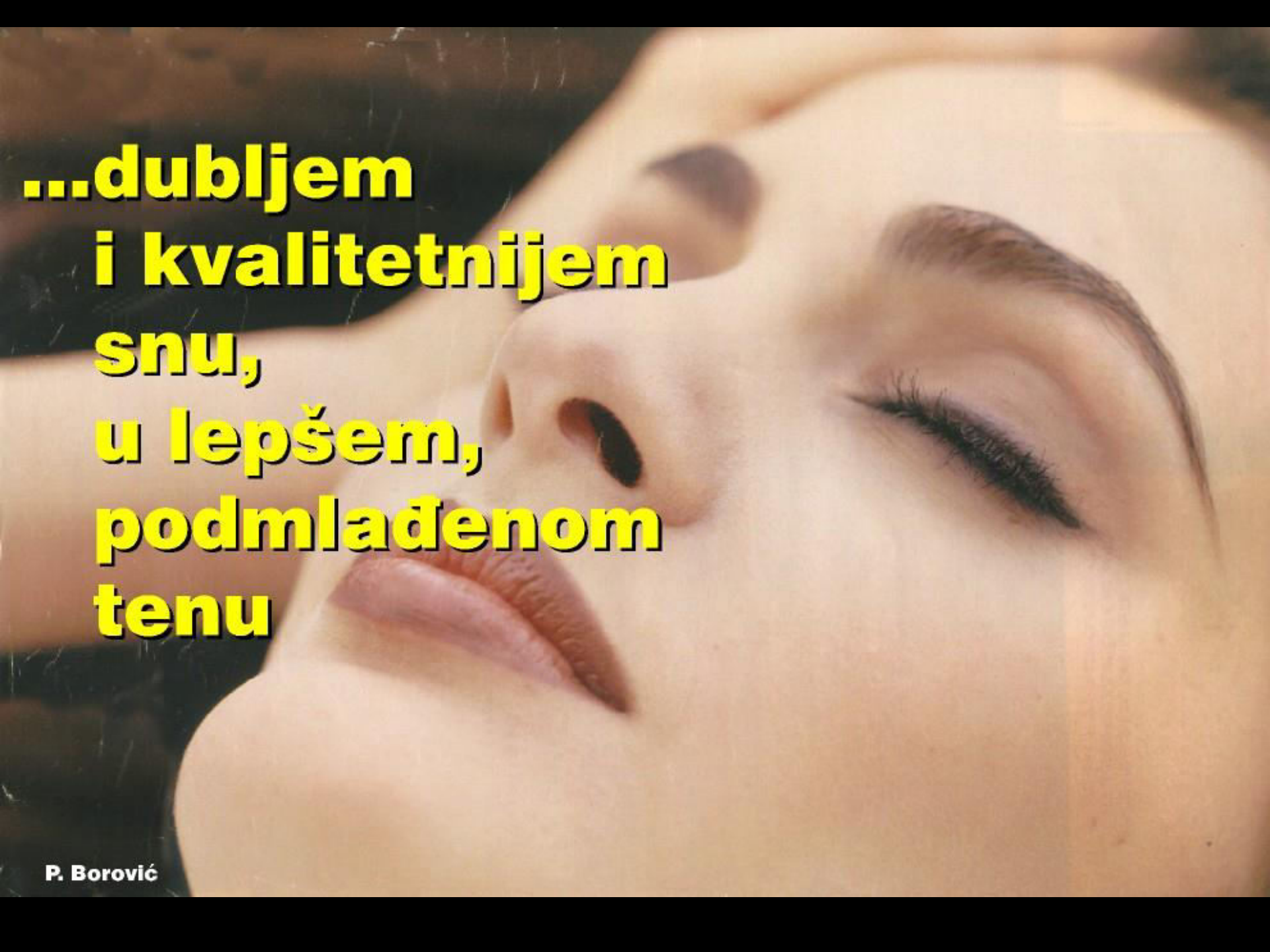
**...u novom čarobnom ukusu
HRANE, VOĆA, SOKOVA**

A woman with long blonde hair, wearing a black sleeveless top, is shown in profile, blowing out candles on a birthday cake. The cake is round, covered in white frosting with orange shavings, and has several lit white candles on top. The background is a soft blue gradient.

**...punom udahu
plućima**

**...boljoj
kondiciji**





**...dubljem
i kvalitetnijem
snu,
u lepšem,
podmlađenom
tenu**



**...novom osmehu
ponovo
belih
zuba,
u čistom
dahu...**

A romantic close-up of a man and a woman in leather jackets. The woman is on the left, looking towards the man on the right. They are both smiling and appear to be in a close embrace. The man is wearing a ring on his finger. The background is a soft, out-of-focus green and brown.

**...dodiru drugih usana,
boljem i češćem seksu...**

We would like to thank to the Gouvernement of Finland and to the people of Finland for their generous help in realization of the project „For youth in Serbia to stop smoking“ and in printing these handbooks.

Најсрдације захваљујемо Влади и народу Финске на несебичној помоћи око извођења пројекта „Смањивање и сузбијање пушења међу младима у Србији“ и штампања ових приручника.