



Not Again!!!



Suitable for children aged 4+



Welcomes YOU to their
world of adventures!



This story is written and produced by the Dog, Duck and Cat Trust.

Not Again!!!

Are you sitting comfortably?
Then let's begin...



In a town, not too far from here,
lived a Dog, a Duck and a Cat. They were the best
of friends and always looked out for each other,
because that is what good friends do!



It was a very cold day and all three animals had decided to play indoors at Dog's house. After a bit of a chat about what to do they all decided that dressing up would be great fun.



Now you might remember another time when Dog and Duck played dress up. Duck dressed like his favourite pop star, Bee-Yonce, by wearing Dog's Mom's hat and shoes.



Dog chose to try and look like his Dad, so he would look more grown up.

When Dog tried to look like his Dad he didn't do that by wearing Dad's clothes, he did it by putting a cigarette in his mouth!

Dog said that is what his Dad did, so if he did it as well then he would be just like his Dad.





Now when Cat had seen this she told Dog all about her Nan and what smoking had done to her.

Cat explained that smoking had made her Nan very poorly, because smoking is just not good for you.

Dog had listened to Cat and had never put a cigarette in his mouth again, which I'm sure you'll all agree is a fantastic thing indeed.



For dressing up today Duck said he wanted to dress like the King. Dog and Cat were quite surprised with this choice, but they helped him make a crown and a robe, and they had to admit, when Duck was all dressed, he did look a little bit like a member of a royal family.

Duck walked up and down looking very regal pretending to tell Dog and Cat what to do as if he were really the King of the land. All three animals found this funny as Duck never really told anyone what to do, he was just too polite to!



Cat had decided to look like Birdy Eyelash, her favourite singer. They found some baggy clothes and had great fun trying on some of Dog's Mom's hairpieces to make Cat look just right.



When it came to Dog's turn he said he wanted to try and dress like his Dad again. Duck and Cat looked a bit nervous with Dog's choice, they remembered the cigarette incident and did not fancy a repeat of that!

Dog smiled and said he'd learnt his lesson, so no cigarettes this time, and shot off to get changed.



When he returned he was wearing an old pair of Dad's glasses, one of Dad's ties, but also had an e-cigarette, also known as a vape, in his mouth!



'Not again Dog!' said Cat sounding disappointed.

'Why on earth have you got that thing in your mouth?'



'Well,' said Dog.

'My Dad wasn't able to give up smoking that easily, so he started using a vape to help him quit altogether. He said that vaping was safer than smoking, so what's the problem Cat, if vaping is safe then why can't I have this in my mouth?'

Cat sighed, this was not the first time she'd heard someone say vaping wasn't a problem.

'Vaping is only supposed to be used to help you quit smoking Dog, if you've never smoked then you don't need to vape,' said Cat.





'Your Dad only vapes to STOP him smoking, he's not vaping for fun, it's to stop him smoking cigarettes. Vapes cost quite a bit of money, and contain a chemical called nicotine.

If you get to a point where you get addicted to the nicotine (that means you really need to have it, in fact, it means you absolutely have to have it) you'll have to keep buying vapes, do you really want that for yourself Dog?'

Dog didn't quite know what to say. He didn't really know why he might have wanted to vape, it just seemed sort of cool.



He then thought of something.

'But they taste nice, they taste a bit like sweeties,' he said to Cat.

'But they are not sweeties Dog,' said Cat. 'If you want some sweets then why not just eat sweets, that's what you've done up to now isn't it?'

You don't need to breathe in something that might taste a little like sweets, and certainly not when it has nicotine added, that's just silly Dog.

Vapes are designed, and are made, to help people stop smoking, so you as a non-smoker don't need one.'

Dog understood what Cat meant now. He took the vape out of his mouth and went to put it back where he found it.

When he returned he said sorry to Duck and Cat for being so silly, again.

He promised he'd never do it again as he now totally understood vapes are designed to help smokers quit cigarettes, they just aren't meant for non-smokers.



All three animals carried on playing dress up until it was time for them all to go home.

They laughed and laughed as they were having such good fun.





And, Dog had learnt that vaping was definitely not meant for him, or any non-smoker, and was so thankful he had a friend as good as Cat to help him learn that.



There's lots more...

Have a look at all our stories and activities, there's lots for you to enjoy!

Here are some of the other characters you will get to meet!

