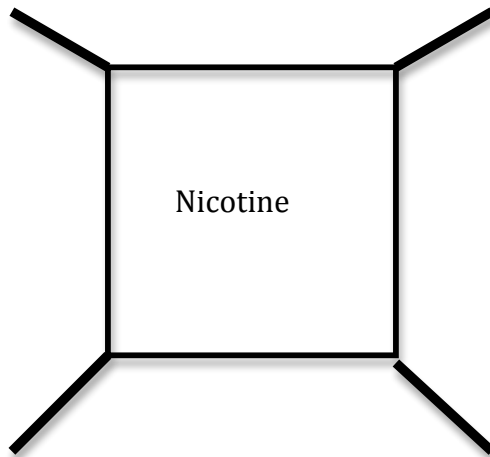


Complete the word map.



\*\*\*\*\*

Describe the factors that influence a person's decision about tobacco.

- 1). Friends:
- 2). Family:
- 3). Media:

List 4 types of tobacco products that are smoked.

List 2 types of smokeless tobacco products.

Evaluate: Which do you think have the greater influence on teen's thoughts about smoking-tobacco ads or anti-tobacco ads? Defend your answer with what you learned from your reading.

Name 3 main harmful chemicals found in tobacco and tobacco smoke and the effects each has on the body.

- 1.
- 2.
- 3.

Is smokeless tobacco as dangerous as smoking cigarettes? Defend your answer from your reading.

### **Long Term Risks of Tobacco Use**

Respiratory Diseases

1.

2.

Cardiovascular Diseases

FACTS:

1.

2.

3.

4.

5.

6.

7.

Cancer Facts

1.

2.

3.

Effects of Secondhand smoke

Dangers:

Suggestions on avoiding secondhand smoke

1.

2.

3.

Pregnancy and tobacco use dangers:

AVOIDING TOBACCO USE

## BENEFITS OF QUITTING

- 1.
- 2
- 3
- 4

## 7 Tips for quitting

### Changes in a smokers body after quitting

First 2 days

After 3 months

After 9 months

After 1 year

After 5 years

After 10 years

Getting help from groups such as \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Nicotine Substitutes: a product that \_\_\_\_\_

Two common types: \_\_\_\_\_

Never use with \_\_\_\_\_

