# Lesson 12.1 Tobacco Products and Vaping

## Vocabulary Review Worksheet

1. Tobacco
2. Nicotine
3. e-cigarette
4. vaping
5. e-liquid
6. Secondhand smoke
7. carcinogens
8. residue

## Note-Taking Guide

**Tobacco and Its Ingredients**

1. Tobacco

2. nicotine

**Tobacco Facts**

3. 1, 5

**Physical Effects of Tobacco Use**

4. Three of the following: overall poorer physical performance, increased sports-related injuries, constant irritation of the mouth, pharynx, and larynx, resting heart rates that are two to three beats per minute faster than nonsmokers, increased blood pressure, more likely to use alcohol, marijuana, and cocaine, yellowing of the teeth and fingertips, leathery dry skin

5. Three of the following: more likely to continue smoking throughout adult life, reduced life expectancy of seven years if smoking a pack or more of cigarettes each day, increased risk of heart disease and stroke, twenty times more likely to get lung cancer than a nonsmoker, lung development impeded due to inhalation of chemicals

**Effects of Nicotine on Your Mental Health**

6. Slows the brain’s ability to produce dopamine on its own, making users more reliant on the highly addictive nicotine.

**Social Consequences of Tobacco Use**

7. friendlier, extroverted, less socially anxious

**Financially Consequences Associated With Tobacco Use**

8. chronic, earnings, savings, retirement

**Pregnancy and Tobacco Product Use**

9. Doubles the risk of abnormal bleeding during pregnancy and delivery

Ectopic pregnancy may occur

Miscarriage may happen

10. Three of the following:

* Low birth weight
* Born prematurely
* Have weak lungs making it difficult to breathe
* Sudden Infant Death Syndrome (SIDS)
* Damaged brain and lungs
* Flavors used in e-cigarettes may be harmful to the developing baby

**Health Effects of Smokeless Tobacco**

11. twice, four

12. Three of the following: nicotine addiction, cancer of the mouth, esophagus, or pancreas; destroys gum tissue; causes cavities; tooth decay; bone loss around teeth; tooth discoloration; bad breath; leukoplakia on the gums, inside the cheek, and beneath the tongue

**E-Cigarettes**

13. Three of the following: e-cigs, vape pens, vapes, mods, tank systems, ENDS

14. The act of inhaling and exhaling aerosol produced by an e-cigarette.

15. Students should list any four of the following: nicotine; flavorings; ultrafine chemical particles; cancer-causing chemicals; and heavy metals, such as nickel, tin, and lead.

16. nicotine, flavoring, other chemicals

**Who Uses E-Cigarettes?**

17. 3, cigarettes

**E-Cigarettes Are a Dangerous Alternative to Smoking**

18. Only some of each puff of a cigarette is absorbed into the lungs and not all of a cigarette is consumed. In contrast when vaping all the e-liquid which contains the nicotine will be consumed.

**Health Risks and E-Cigarettes**

19. Three of the following:

* Contain nicotine which is highly addictive and can harm the parts of the brain that control attention, learning, mood, and impulse control.
* E-cigarette batteries have been defective and have caused fires and explosions, resulting in serious injuries.
* It is unclear what all the ingredients are that comprise e-liquid flavors, therefore, the side effects of e-liquid are unknown at this time.
* Poisoning by swallowing, breathing, or absorbing e-liquid through their skin and eyes.
* The aerosol from e-cigarettes contains cancer-causing chemicals, metals such as lead and tin, and ultrafine particles that can be inhaled into the lungs.
* Vaping can cause lung and cardiovascular diseases, recurrent coughing, heart palpitations, asthma, lung cancer, high blood pressure, headaches, and dizziness, among other health conditions. It also can reduce how well your immune system works.

**Secondhand Smoke, Secondhand Aerosol, and Thirdhand Smoke**

20. Secondhand smoke: Harmful chemicals in the smoke including more than 60 carcinogens known to cause cancer. Youth who breathe the secondhand smoke get sick more often and can trigger asthma attacks. Can also impair a youth’s ability to learn. It is also associated with the likelihood of youth who are exposed to secondhand smoke will use tobacco products as teens and adults.

Secondhand aerosol: Contains nicotine, ultrafine particles, and low levels of toxins that are known to cause cancer. Youth who breathe the secondhand smoke get sick more often and can trigger asthma attacks. Can also impair a youth’s ability to learn. It is also associated with the likelihood of youth who are exposed to secondhand smoke will use tobacco products as teens and adults.

Thirdhand smoke: The residue cannot be entirely eliminated which means people are continually exposed to nicotine even after people are no longer smoking in the home.

# Lesson 12.2: Regulations and Influences on Tobacco Product Use

## Vocabulary Review Worksheet

* 1. Internal
  2. External
  3. sex; risk; media
  4. marketing
  5. marketing; distribution (sales is also an acceptable answer instead of distribution)
  6. promoted (advertised is also an acceptable answer instead of promoted); placed; priced

## Note-Taking Guide

**Factors That Influence Tobacco Use**

1. curiosity, use by friends or family members, availability of flavors, creating big clouds and cloud shapes

2.

Age: **Teens are more willing to take risks and more influenced by what others are doing than adults are. The age teens start vaping tends to be eighth or ninth grade but may even be younger.**

**Gender:** Females tend to smoke fewer cigarettes or e-cigarettes overall than males. Males are more likely to use e-cigarettes than cigarettes.

**Stressful events:** The more stressful events a teen has experienced in their life, the greater the risk of smoking cigarettes or e-cigarettes.

Perception of risk: **Teens who see smoking as a great risk are less likely to smoke regular cigarettes.**

**Media:** Movies, social media, magazines, and stores may make using tobacco or e-cigarettes look cool and adultlike.

3.

4.

**Tobacco Norming in Society**

5. TV streaming, video games, celebrities, movies, sports

**Advertising and Marketing Techniques on Tobacco Use**

6. Themes of independence, rebellion, celebrity figures, kid-friendly flavors, and convenience.

Celebrity endorsements and animation is also highly effective.

Vaping is portrayed as stylish and a cool thing to do.

7.

Promotion: Promoting through branded signs, displays, and shelving units in convenience and retail stores.

Placement: Placed at checkout counters to maximize exposure and increase sales.

Price: Keep prices affordable by dropping the wholesale prices, offering coupons, and having multipack discounts.

**Food and Drug Administration’s Role**

8. Ban: sale of e-cigarettes to minors

Ban: free samples of e-cigarettes

Ban: vending machine sales of e-cigarettes except in adult-only facilities

Restriction: sales of flavored e-cigarettes without prior authorization

**State Smoking Bans**

9. 28, 3, 5, 14

Government and Communities Role in Decreasing Tobacco Use

10.

Federal government (list one of the following):

* tracks e-cigarette use and supports research on the health effects and factors contributed to youth e-cigarette use
* provides information to the public, including health care providers, on the health effects of e-cigarettes use by teens
* develops regulations for e-cigarettes to reduce/prevent teen tobacco use.
* Funds and promotes campaigns that inform people about the dangers of tobacco product use including e-cigarettes

State government (list one of the following):

* Fund tobacco prevention and control programs to prevent youth e-cigarette use
* Work to limit where and how all tobacco products, including e-cigarettes, are sold to reduce youth e-cigarette use and ad exposure
* Require age verification to enter e-cigarette vendor websites, make purchases, and accept delivery of e-cigarettes
* Restrict the number of stores that sell tobacco products and regulate how close they can be to schools
* Support efforts to implement and continue proven youth tobacco prevention approaches, including tobacco price increases, comprehensive smoke-free laws, and high-impact mass media campaigns

Health care provider, school personnel, and family members (list one of the following):

* Help teens understand the dangers of nicotine, e-cigarettes, and other tobacco products.
* Ask teens whether they use tobacco products, and encourage those who do to quit and provide help with quitting.
* Teach teens how to analyze media and Internet use to be able to tell what is truthful and what is not.
* Set a good example by not using tobacco products.

Biggest impact and why: student response

**Tobacco Products and School Policies**

11. Two of the following: prohibiting the use of tobacco on school property by students and adults banning all tobacco products on school property in both indoor and outdoor areas; enforcing the policy for adults as well as students; educating students and staff about the dangers of tobacco products and enforcing rules and laws of their community.

# Lesson 12.3: Avoiding and Quitting Tobacco Product Use

## Vocabulary Review Worksheet

* 1. Epinephrine
  2. nicotine
  3. heart; lung
  4. nicotine replacement
  5. triggers

## Note-Taking Guide

**Nicotine Addiction**

1. Four of the following: experiencing cravings and intense urges to use tobacco; using tobacco in larger amounts than intended; requiring more tobacco to feel relaxed and focused; experiencing withdrawal symptoms such as irritability; continued tobacco use despite awareness of consequences and health risks; having a desire to quit or decrease use but being unable to do so; irritability and frustration; trouble concentrating; increase in appetite and weight gain; anxiety; depression; headaches; trouble sleeping

**Tips for Staying Tobacco-Free**

2. Three of the following: stay away from situations where tobacco products may be used; spend time with friends who don’t use tobacco products; create a plan or even specific things to say to help get you out of the situation; celebrate moments you convince yourself not to give into your cravings; celebrate days you don’t use; recognize who or what may trigger you to want to use and try to stay away from those people and situations; replace using tobacco with a new hobby or activity

**Refusal Skills to Avoid Tobacco Use**

3. verbal, nonverbal

4. firm, confident

**Benefits of Being Tobacco-Free**

5. Three of the following:

* Don’t have to find specific places and times to smoke
* Have more money
* Skin and nails will look healthier
* Teeth will look whiter
* Breath will be fresher
* Have more energy
* Be able to do normal activities without losing your breath
* Won’t expose your family members and friends to your secondhand or thirdhand smoke

**Getting Help for a Nicotine Use Disorder**

6. School: Not turning in assignments; doing poorly on tests; skipping classes or school; not being involved in activities you or your friends used to enjoy doing

Home: Fighting more than normal with guardians or siblings; distancing yourself from family members

Other people: More disagreements with friends; no longer wanting to hang out with them

Law enforcement: Having new or ongoing problems with law enforcement

**Quitting Methods**

7. quit

8.

9. Student answers could be nicotine replacement therapy; counseling; exercise; decompression; support of family and friends; using e-cigarettes to stop cigarette smoking

10. Student response.

# Test Your Knowledge

1. c. learning deficiencies

2. c. vaping

3. d. gum

4. a. promotion, placement, and price

5. a. restaurants, bars, and workplaces

6. c. nicotine

7. b. FDA

8. d. e-cigarette

9. b. COPD

10. a. asthma