Foundations 1E Lesson 12.3 Quiz Answers

Title: Lesson 12.3 Quiz

Topic: L12.3LO10: Express three ways to stay tobacco-free.

1. Which of the following is the LEAST effective way to stay tobacco-free?

a. spending time with friends who do not use tobacco products

b. planning specific verbal and nonverbal responses to refuse tobacco use

\*c. acting as though you might smoke or vape later but not right now

d. avoiding situations where tobacco products are likely to be used

Title: Lesson 12.3 Quiz

Topic: L12.3LO11: Recognize four signs of nicotine addiction.

2. What is one sign that someone is addicted to nicotine?

a. The amount of tobacco they use doesn’t increase.

b. They don’t feel any effects if they stop using tobacco.

c. They have a “take it or leave it” attitude toward tobacco.

\*d. They want to stop using tobacco, but they can’t.

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Topic: L12.3LO11: Recognize four signs of nicotine addiction.

3. Despite being addictive, stopping the use of nicotine in tobacco products does not produce physical withdrawal symptoms.

a. true

\*b. false

Title: Lesson 12.3 Quiz

Topic: L12.3LO12: Analyze three benefits to being tobacco-free and quitting tobacco products.

4. Which of the following is NOT a side effect of quitting tobacco products?

a. whiter teeth

b. greater endurance

\*c. higher blood pressure

d. more energy

Title: Lesson 12.3 Quiz

Topic: L12.3LO13: Assess different methods for quitting tobacco products and their effectiveness.

5. The text message program called \_\_\_\_\_\_\_\_\_\_ is specifically designed to help people quit using e-cigarettes.

\*a. This Is Quitting

b. Dipfree TXT

c. quitSTART

d. Smokefree TXT