Foundations 1E Quiz Questions Lesson 12.3

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

Answer: \_\_\_\_\_

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.

Answer: \_\_\_\_\_

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

a. True

b. False

Answer: \_\_\_\_\_

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

Answer: \_\_\_\_\_

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

Answer: \_\_\_\_\_