

Tobacco and Its Ingredients

1. _____ is a plant grown for its leaves, which are dried and put into tobacco products.
2. The main ingredient and addictive chemical in tobacco is _____.

Tobacco Facts

3. An increase of e-cigarette use has led to approximately _____ in _____ high school students using a tobacco product in the last 30 days.

Physical Effects of Tobacco Use

4. List three short-term physical effects of tobacco on the body.

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5. List three long-term physical effects of tobacco on the body.

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Effects of Nicotine on Your Mental Health

6. What is a long-term effect of tobacco use on dopamine and how does this affect users?

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Social Consequences of Tobacco Use

7. List three ways teens view themselves when using tobacco in a social situation.

1.

2.

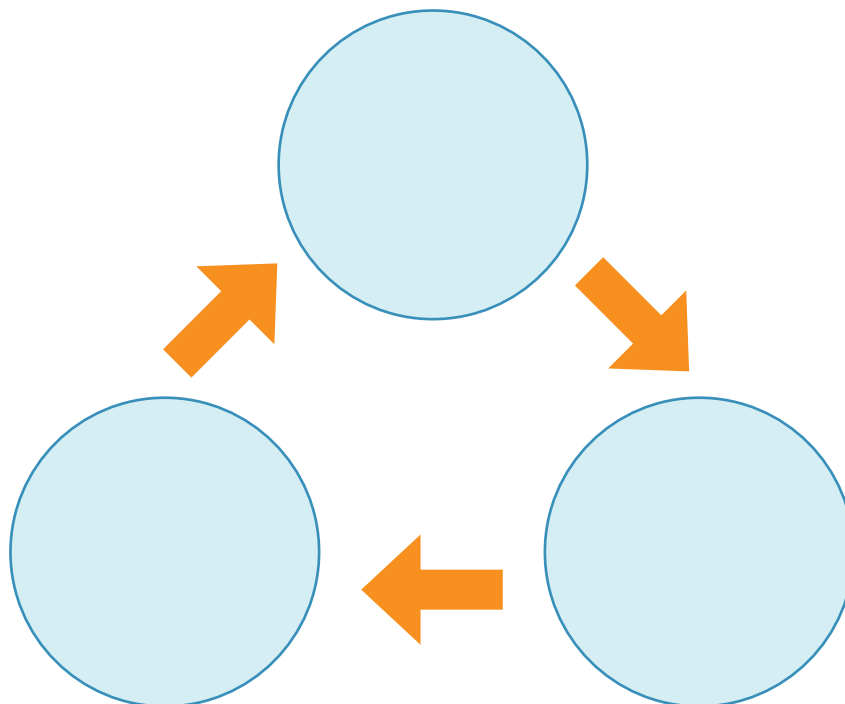
3.

Financial Consequences Associated With Tobacco Use

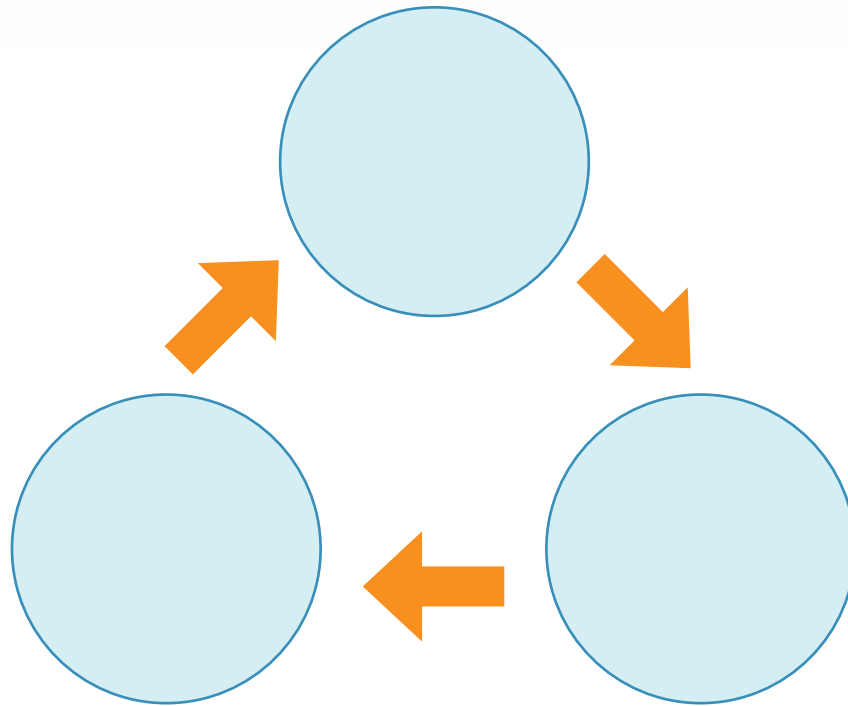
8. People who smoke or vape pay more for health and life insurance because they are considered at a higher risk for serious _____ illnesses. They also tend to work fewer years, which results in a reduction in lifetime _____, personal _____, and contributions to _____. plans.

Pregnancy and Tobacco Product Use

9. List three effects of tobacco use on a pregnant individual.



10. List three effects of tobacco use on the baby.



Health Effects of Smokeless Tobacco

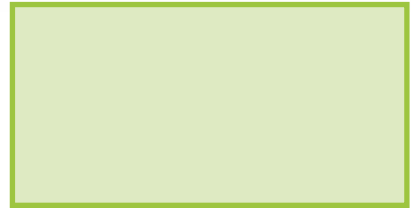
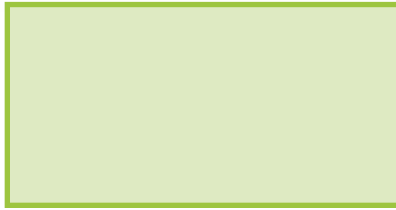
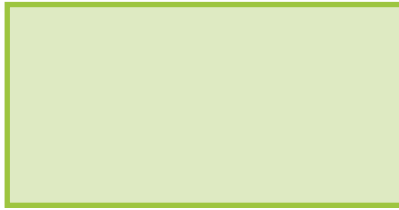
11. Smokeless tobacco contains _____ as much nicotine as conventional cigarettes, making it even more addictive than cigarettes. A single can of chewing tobacco has as much nicotine as _____ packs of cigarettes.
12. List three health consequences of smokeless tobacco teens need to be aware of.

CHAPTER 12 Tobacco and E-Cigarettes

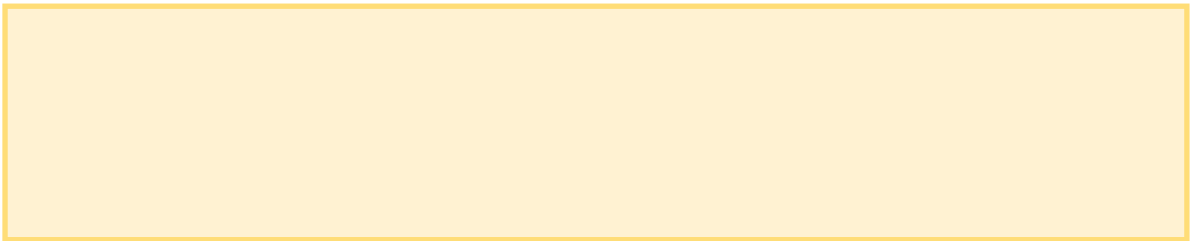
Lesson 12.1

E-Cigarettes

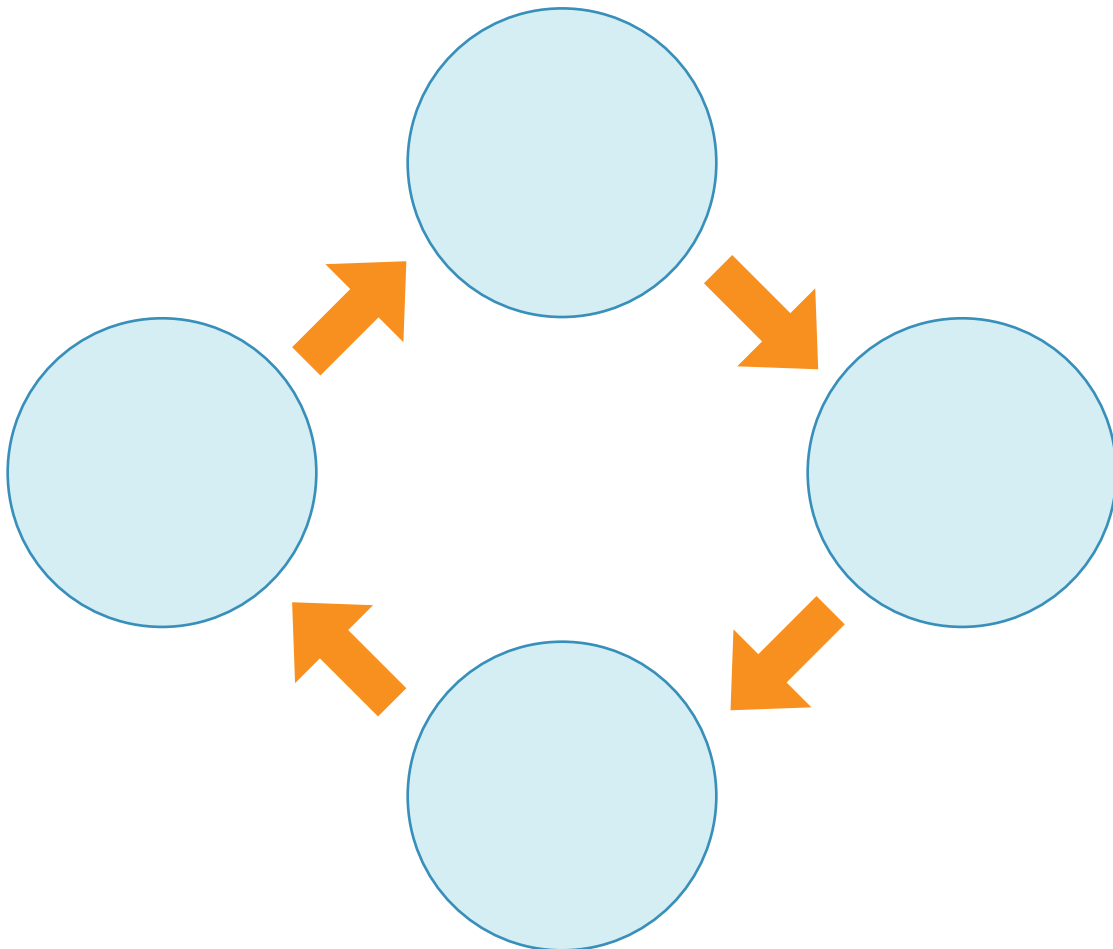
13. List three names of e-cigarettes in the following boxes.



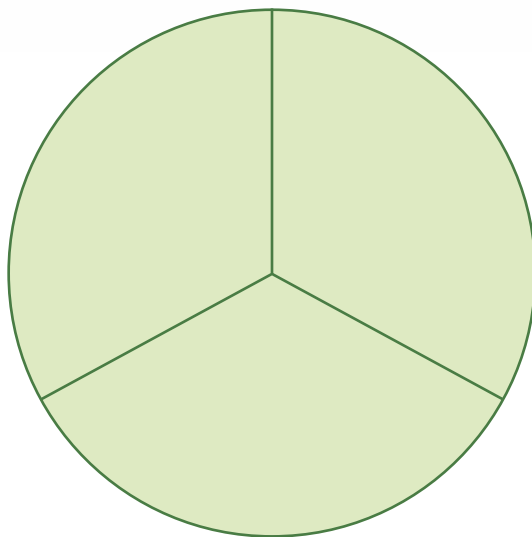
14. Describe what vaping is.



15. List four items found in the aerosol or vape that e-cigarette users inhale and exhale.



16. What are the primary components of e-liquid?

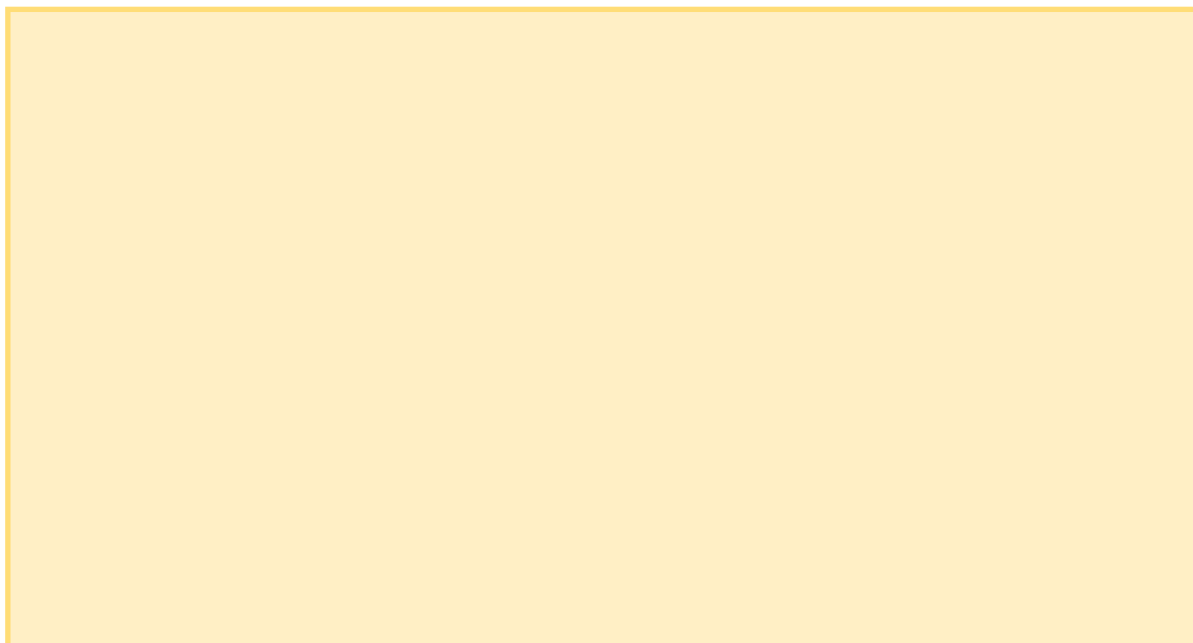


Who Uses E-Cigarettes?

17. More than _____ million teens in middle school and high school use e-cigarettes. The CDC has found that teens and young adults who are using e-cigarettes are at an increased risk to smoke _____ later in their lives, due in part to the addictive nature of nicotine.

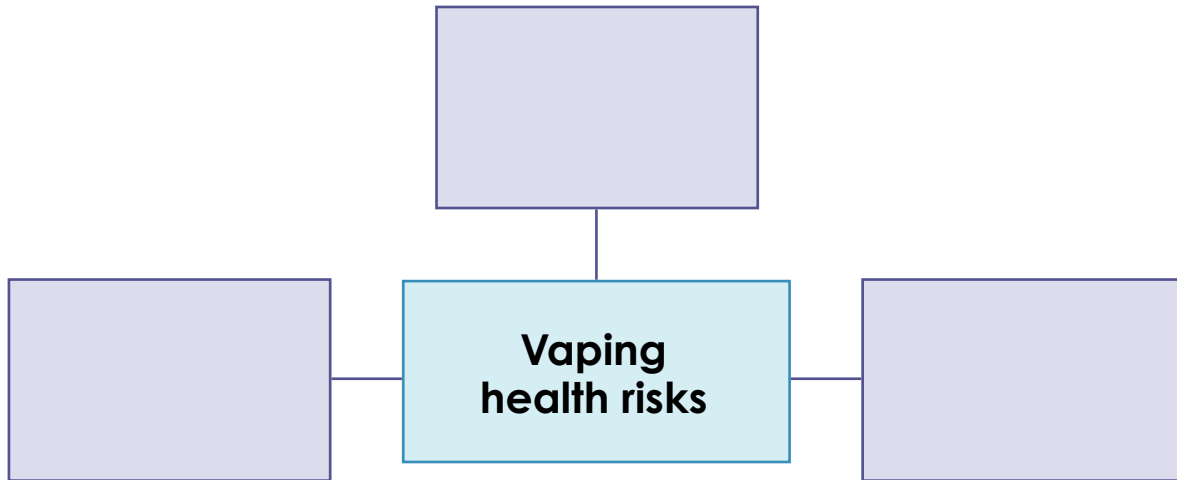
E-Cigarettes Are a Dangerous Alternative to Smoking

18. Explain why people consume a greater amount of nicotine through vaping than smoking a cigarette.



Health Risks and E-Cigarettes

19. List three of the health risks related to vaping you think teens should be aware of.



Secondhand Smoke, Secondhand Aerosol, and Thirdhand Smoke

20. Complete the information in the diagram by explaining the affect of secondhand smoke, secondhand aerosol, and thirdhand smoke on youth.

Secondhand smoke	
Secondhand aerosol	
Thirdhand smoke	