

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.

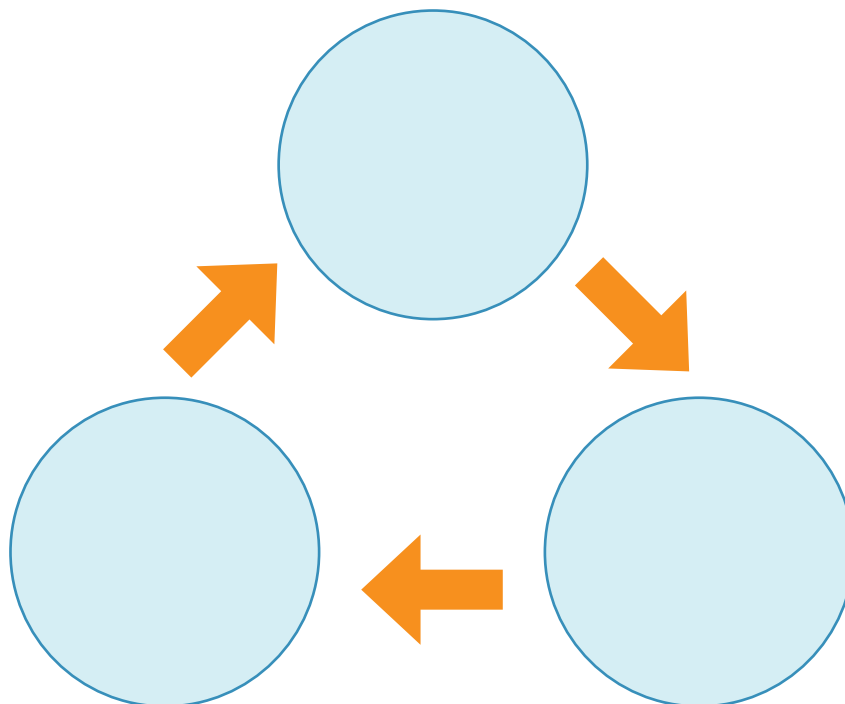
3.

Financial Consequences Associated With Tobacco Use

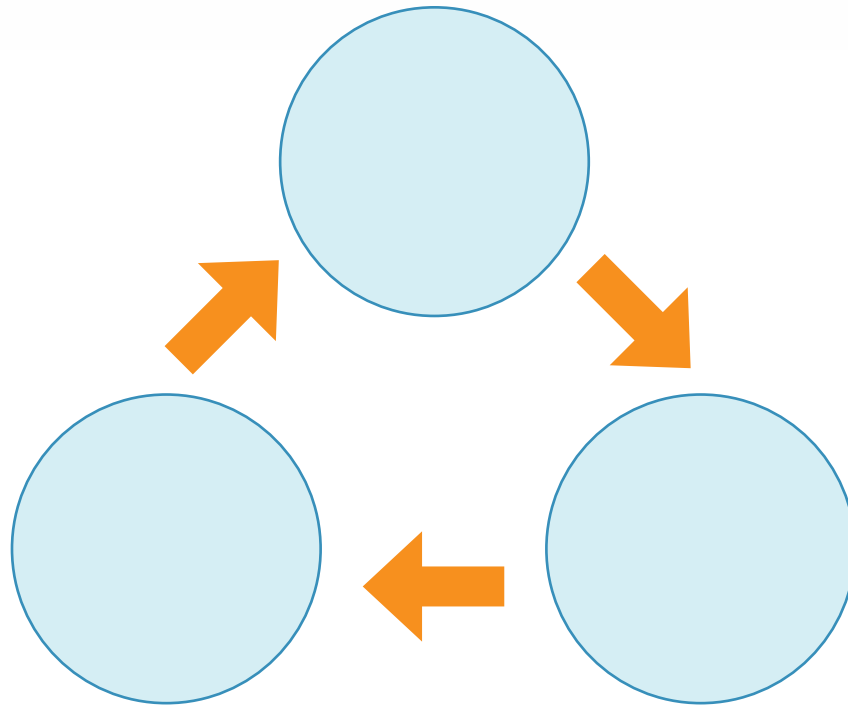
8. People who smoke or vape pay more for health and life insurance because they are considered at a higher risk for serious _____ illnesses. They also tend to work fewer years, which results in a reduction in lifetime _____, personal _____, and contributions to _____. plans.

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

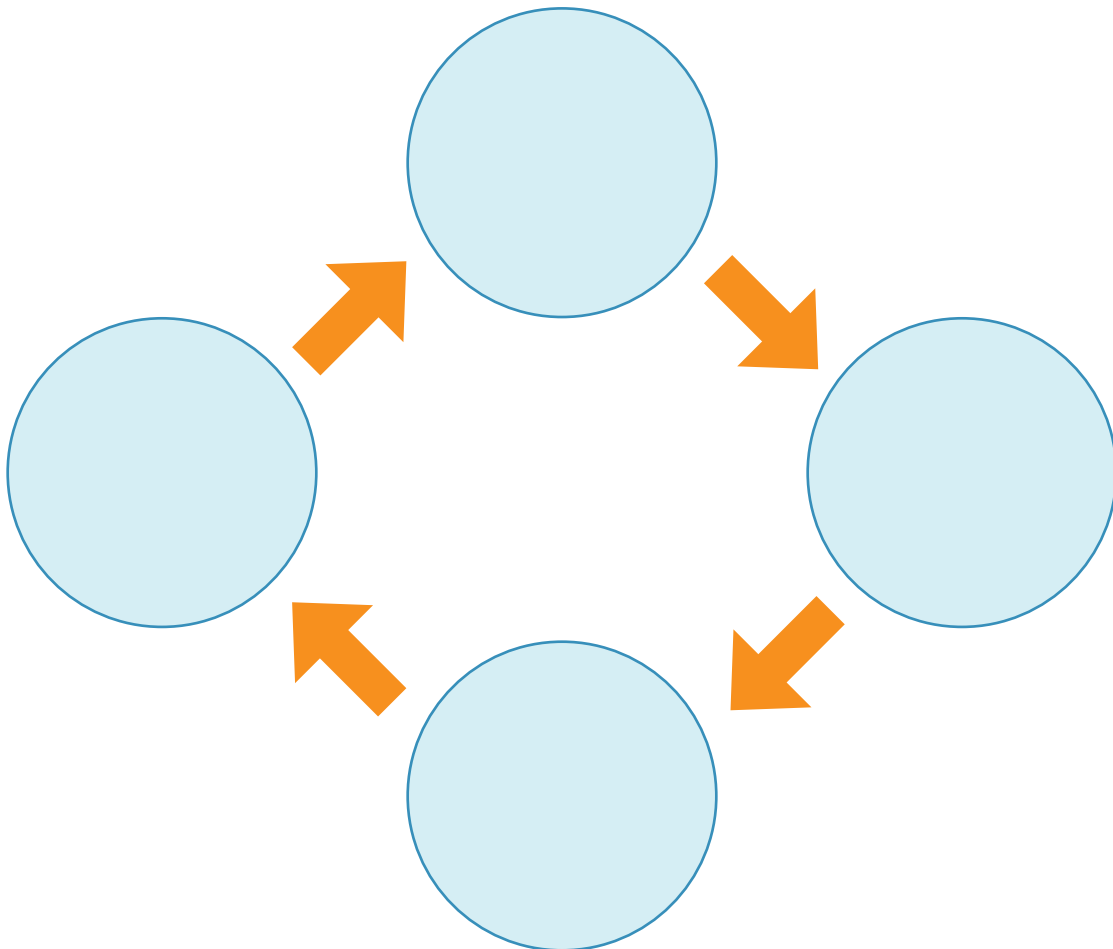
Lesson 12.1

E-Cigarettes

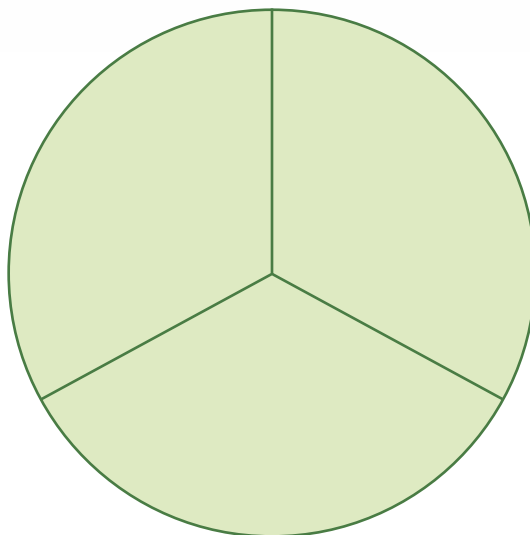
13. List three names of e-cigarettes in the following boxes.

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?

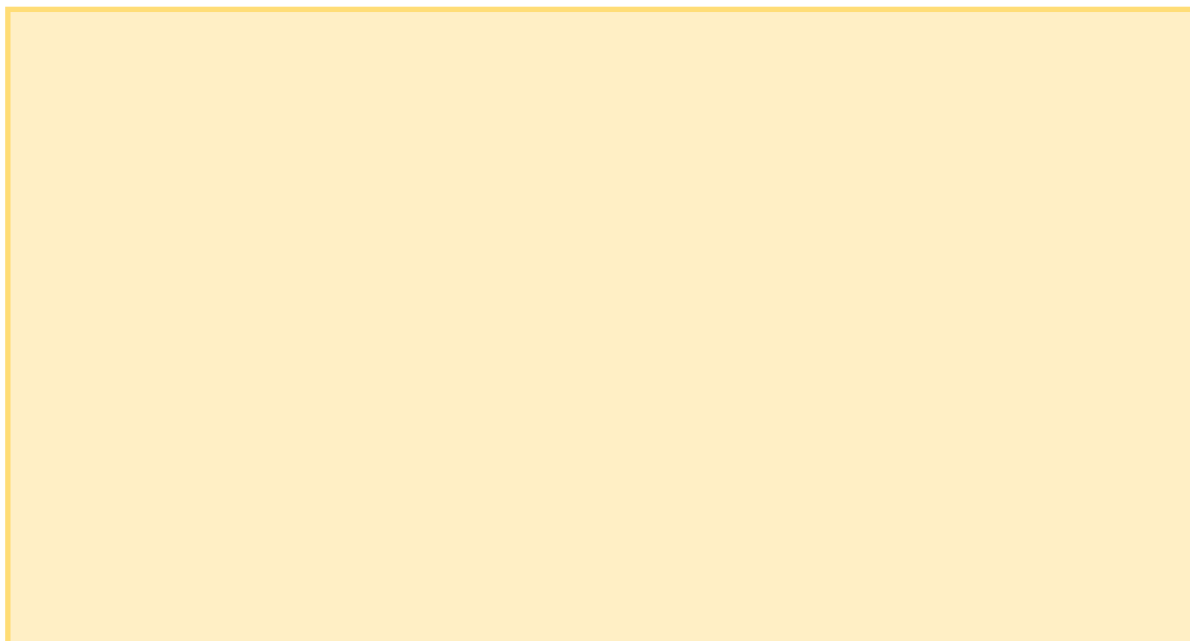


Who Uses E-Cigarettes?

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.

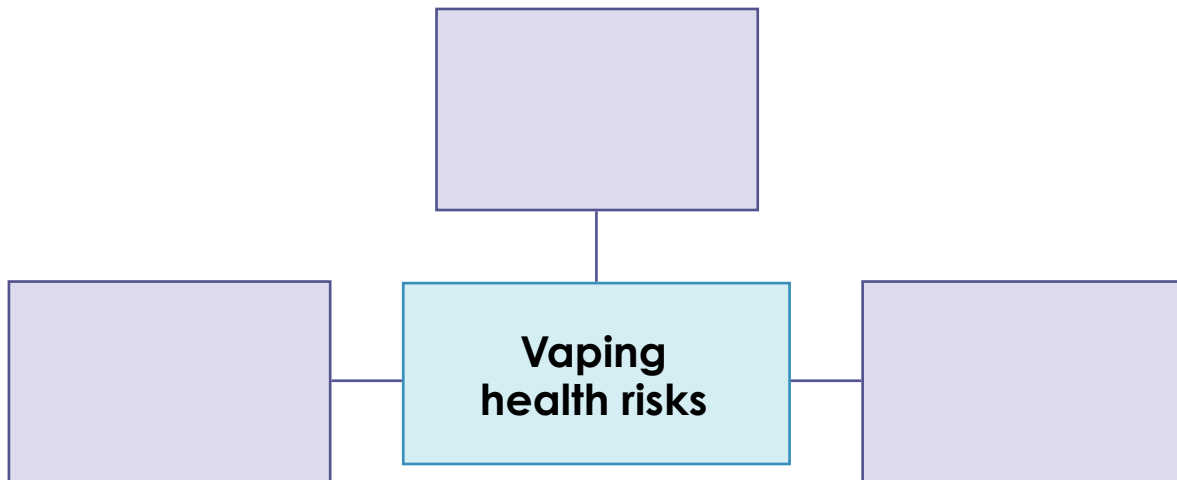
E-Cigarettes Are a Dangerous Alternative to Smoking

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	

LESSON 12.2 Regulations and Influences on Tobacco Product Use
Note-Taking Guide

Factors That Influence Tobacco Use

1. List four reasons teens try e-cigarettes.

2. Fill in the blanks to explain the general factors that may determine whether teens use tobacco products.

Age	
	Females tend to smoke fewer cigarettes or e-cigarettes overall than males. Males are more likely to use e-cigarettes than cigarettes.
	The more stressful events a teen has experienced in their life, the greater the risk of smoking cigarettes or e-cigarettes.
Perception of risk	
	Movies, social media, magazines, and stores may make using tobacco or e-cigarettes look cool and adultlike.

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Lesson 12.2

3. Fill in the missing information to explain how internal influences determine whether teens use tobacco products.

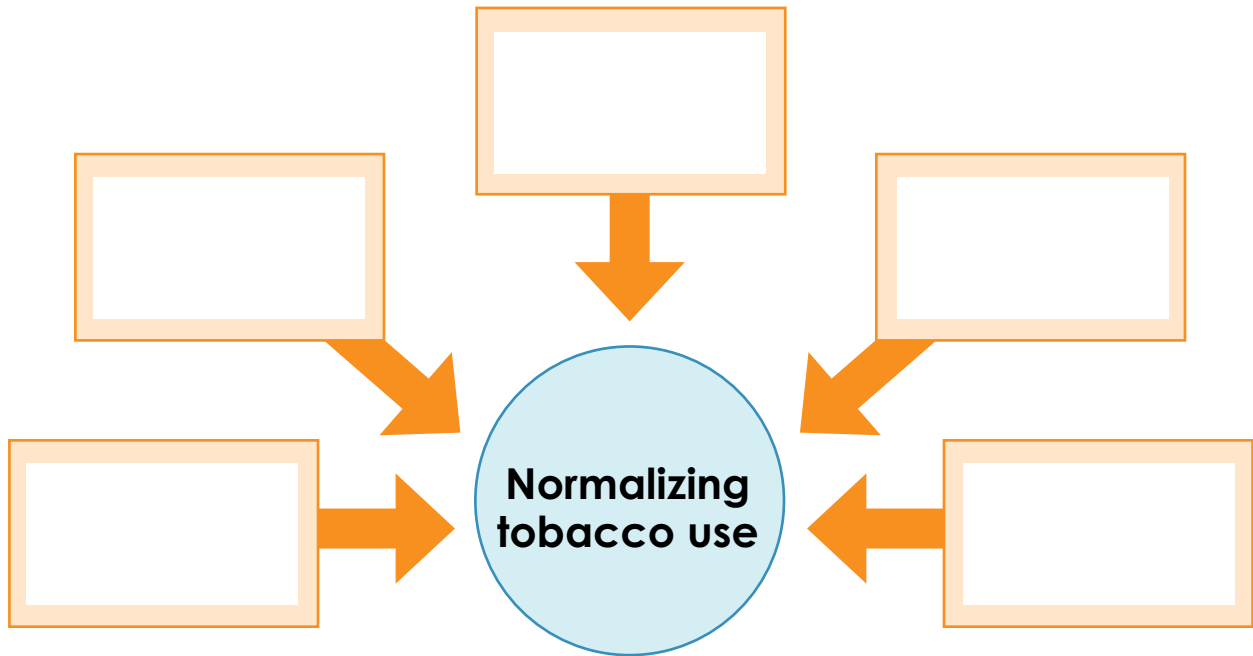
<hr/> <ul style="list-style-type: none">• The information you have can influence your decisions.	Your values	<hr/> <ul style="list-style-type: none">• How confident you feel can influence the way you may react to external influences	Social norms

4. Fill in the missing information to explain how external influences determine whether teens use tobacco products.

Your friends	<hr/> <ul style="list-style-type: none">• If the adults in your life use tobacco products, you will be more likely to use them; if they don't use them, then you are less likely to use them as well.	Accessibility	<hr/> <ul style="list-style-type: none">• Portrays the use of e-cigarettes as being fashionable and carefree, rather than emphasizing the negative health problems that come with using or even being around e-cigarettes

Tobacco Norming in Society

5. List the five ways tobacco use is normalized.



Advertising and Marketing Techniques on Tobacco Use

6. Provide three examples of how cigarette ads purposely target teens.

1.

2.

3.

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Lesson 12.2

7. Teens who are exposed to ads are more likely to try tobacco products. Marketing in the tobacco industry is intentional in how companies promote their products, where the products are placed in stores, and how the products are priced. Describe what promotion, placement, and price mean in marketing in the tobacco industry.

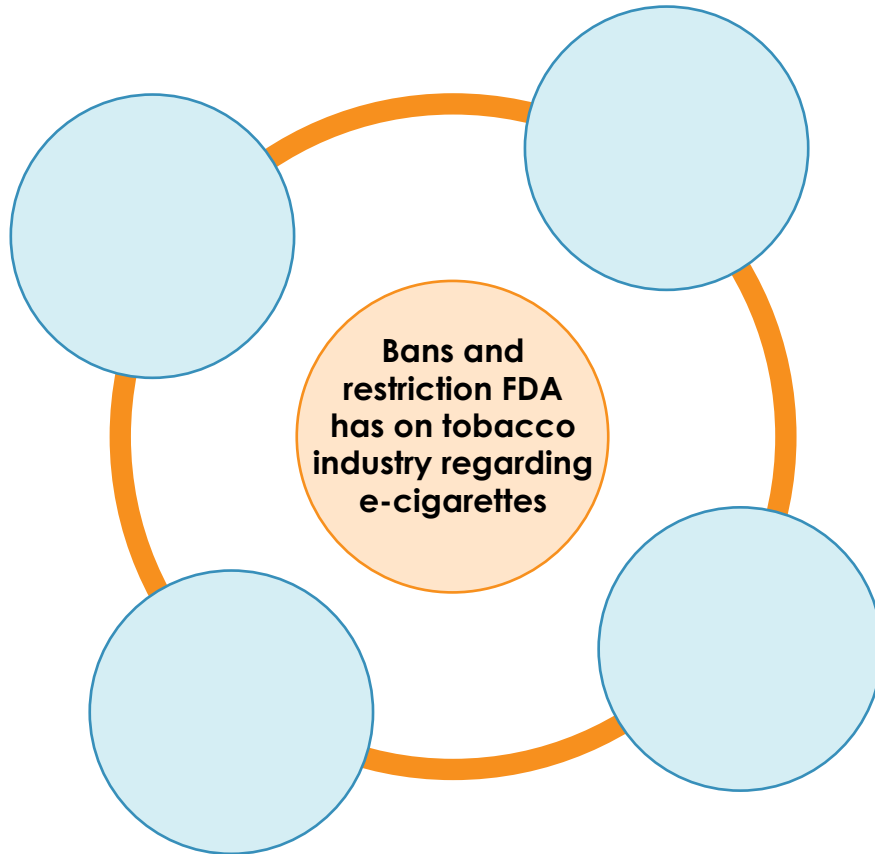
Promotion:

Placement:

Price:

Food and Drug Administration's Role

8. List three bans and one restriction the FDA has on the tobacco industry regarding e-cigarettes.



State Smoking Bans

9. Fill in the blanks below.

- _____ U.S. states and the District of Columbia currently have comprehensive smoke-free laws making workplaces, restaurants, and bars, which means those locations are 100 percent smoke-free.
- _____ states have 100 percent smoke-free restaurants and bars.
- _____ states have either smoke-free workplaces or smoke-free workplaces and restaurants.
- _____ states do not have any smoke-free indoor areas.

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Lesson 12.2

10. List one federal government role; one state government role; and one health care provider, school personnel, or family member role. Explain which role you think has the biggest impact on teens and why.

Federal government

State government

**Health care provider,
school personnel,
and family members**

Biggest impact and why?

Tobacco Products and School Policies

11. Describe two ways school policies can have an impact on your use of tobacco.

The image shows two large, stylized, orange-outlined rectangular boxes with pointed ends, facing each other. Each box has a white interior and an orange border. They are positioned horizontally, with their pointed ends meeting in the center. This graphic is intended for students to write their answers to the question above.

LESSON 12.3 Avoiding and Quitting Tobacco Product Use Note-Taking Guide

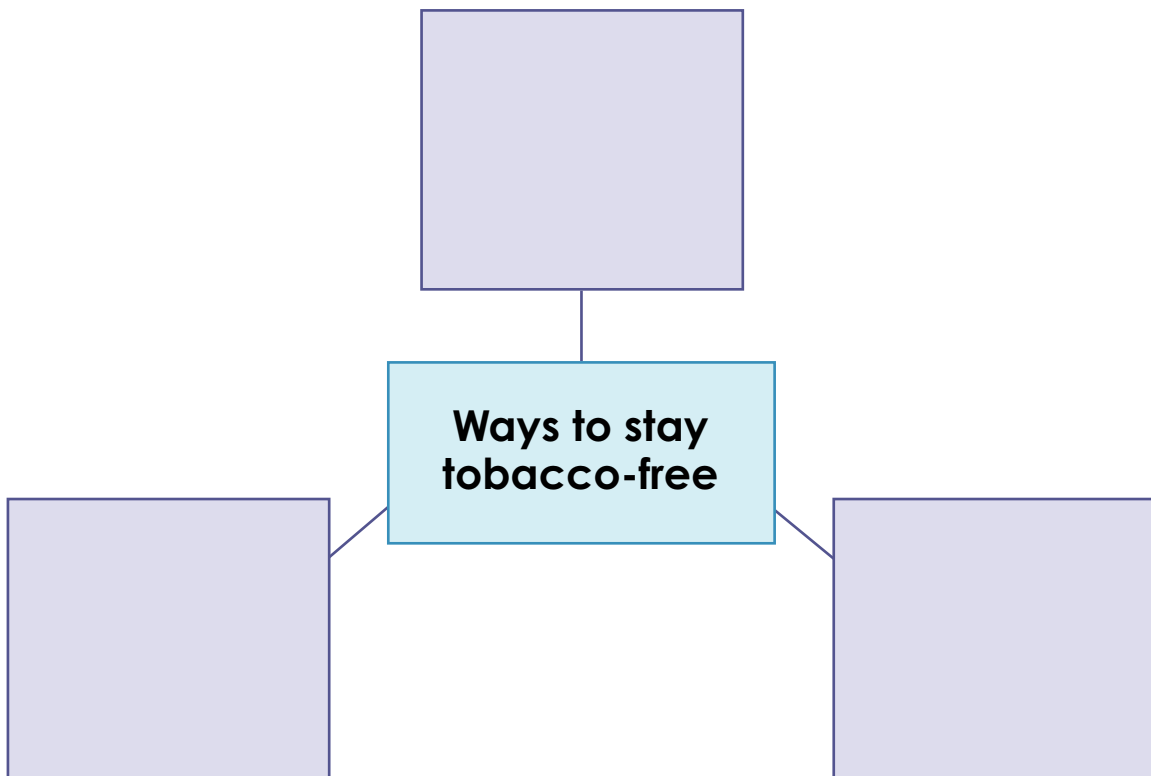
Nicotine Addiction

1. Nicotine is the addictive substance found in all tobacco products. Identify four signs of nicotine addiction.

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Tips for Staying Tobacco-Free

2. Explain three ways you can stay tobacco-free.



Refusal Skills to Avoid Tobacco Use

3. If you are in a situation where you are offered a tobacco product and you want to refuse, use a combination of _____ and _____ communication to emphasize your point.
4. Make sure your nonverbal response matches your _____ and _____ verbal response.

Benefits of Being Tobacco-Free

5. Although quitting using tobacco products is very difficult because of the nicotine addiction, there are many positive benefits to being tobacco-free. Describe three benefits to quitting tobacco products.

1.

2.

3.

Getting Help for a Nicotine Use Disorder

6. Having problems in school, at home, with other people, or with law enforcement are signs that indicate you're in need of help. Complete the diagram below by explaining each type of problem.

School	Home
<input type="text"/>	<input type="text"/>
Other people	Law enforcement
<input type="text"/>	<input type="text"/>

Quitting Methods

7. To be successful at quitting tobacco use, one of the first things you should do is set a _____ date.
8. Fill in the blanks of the missing information on the apps and text messages of the quitting methods.

Smokefree TXT		This Is Quitting	
	<ul style="list-style-type: none">• Same services as Smokefree TXT but for teens who use smokeless tobacco		<ul style="list-style-type: none">• Helps teens quit smoking with personalized tips, inspiration, and challenges

9. Give one example of a quitting method under "Other Quitting Methods."

10. Of the quitting methods discussed, which one do you think would be most effective for a teen? Explain why.