# Self-Assessment Worksheet: What Do I Know About Tobacco Products?

Name: Blank Class: Blank Date: Blank

Tobacco, regardless of how it is consumed, can cause short- and long-term consequences. People who are exposed to second- and thirdhand smoke can also suffer tobacco related illnesses. An interesting concept about tobacco is once you quit using, your body can begin to heal itself; however, it may not be able to recover completely depending on the severity of damage. Complete the following self-assessment by putting an X in the box below the word *true* or *false* for each question to help you understand your knowledge about tobacco products. After completing the self-assessment, check your answers with the answer key at the bottom of the assessment.

Answers: 1. true, 2. false, 3. true, 4. true, 5. false, 6. false, 7. false, 8. true, 9. false, 10. false

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|  | True | False |
| 1. Tobacco use is the number one cause of preventable deaths in the United States. |  |  |
| 2. E-cigarettes are a safe alternative to smoking regular cigarettes. |  |  |
| 3. Nicotine is the main addictive chemical in tobacco. |  |  |
| 4. Vaping is the act of inhaling and exhaling aerosol produced by e-cigarettes. |  |  |
| 5. A person cannot become addicted to e-cigarettes. |  |  |
| 6. Using e-cigarettes is the best way to stop smoking regular cigarettes. |  |  |
| 7. A person has to be 18 years old to purchase any type of tobacco product in the United States. |  |  |
| 8. There are multiple apps and text message programs you can download to help you quit using tobacco products. |  |  |
| 9. All 50 states have comprehensive smoke-free laws covering workplaces, restaurants, and bars, which means they are 100 percent smoke free. |  |  |
| 10. Secondhand smoke is the tobacco residue that can remain on surfaces for months after someone smokes. |  |  |

My score for What Do I Know About Tobacco Products?= Blank (total number of correct answers)