Foundations 1E CT Chapter 12

1. Which of the following is NOT true about tobacco?

a. The main ingredient in tobacco is nicotine.

b. Tobacco contains tar, ammonia, methanol, and hundreds of other chemicals and substances.

c. Tobacco is a plant grown for its leaves, which are used for tobacco products.

d. Nicotine in tobacco is addictive for only a small percentage of tobacco users.

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

2. Cigarettes labeled "light" contain the same harmful substances as regular cigarettes.

a. True

b. False

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

3. Samira is in tenth grade, and she and a friend just shared their first cigarette. If Samira keeps smoking, which health effect might she notice during the school year?

a. lowered blood pressure

b. advanced lung cancer

c. higher oxygen level in the lungs

d. coughing while exercising

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

4. Which is a short-term health effect of using tobacco products?

a. reduced endurance

b. reduced life expectancy

c. increased risk of lung diseases like COPD and emphysema

d. increased risk of tobacco-related cancers

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

5. What is a true statement about people who start smoking as teenagers? **Select all that apply.**

a. improved ability to concentrate on schoolwork

b. reduced life expectancy

c. increased risk of lung diseases like COPD and emphysema

d. increased risk of tobacco-related cancers

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Why might a person who vapes become a smoker of regular cigarettes?

a. They get tired of recharging.

b. Regular cigarettes are safer.

c. E-cigarettes contain nicotine.

d. They like the different flavors.

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

7. List two potentially harmful substances found in the aerosol from vaping.

Answer:

8. Shay's mother smokes two packs of cigarettes every day. Recently, she began smoking inside the house, which she had never done before. Predict the outcome of this new behavior. **Select all that apply.**

a. The walls, carpets, furniture, and clothing in Shay's home will have thirdhand smoke.

b. Shay will have a lower risk of getting sick and missing school days.

c. Shay will breathe in carcinogens from tobacco smoke.

d. The likelihood of Shay smoking cigarettes himself will increase.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. Marketing of e-cigarettes on social media sites tends to emphasize

a. cost

b. convenience

c. safety

d. style

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

10. Teens who see pro-tobacco ads in convenience stores or on social media are turned off and have a more negative attitude toward tobacco products.

a. True

b. False

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

11. A TikTok video showing a teen blowing out an enormous cloud of e-cigarette vapor is a form of advertising for vaping.

a. True

b. False

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

12. If a company wanted to influence teens to start vaping, what would be the best action for it to take?

a. Put ads on Instagram and TikTok showing a popular singer visiting a vape shop.

b. Print ads for e-cigarettes and mail them to homeowners in large cities.

c. Give away coupons for a free e-cigarette to shoppers at convenience stores.

d. Buy ads in online newspapers showing reasons why e-cigarettes are safer than smoking.

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

13. How would an FDA ban on distributing free samples of e-cigarettes affect vaping use by minors?

a. It would keep younger teens from purchasing vapes at convenience stores and smoke shops.

b. It would end a major method of marketing e-cigarettes at concerts.

c. It would stop minors from buying vapes on their own with no one looking.

d. It would get rid of the attraction of fruit, candy, and dessert flavors.

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

14. School policies that forbid smoking or vaping on school property are more effective when they include

a. special rules that allow adults to smoke or vape

b. bans on adults using tobacco products as well as students

c. special designated areas for smoking or vaping

d. rules that allow use of tobacco products outdoors but not indoors on school property

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

15. Describe one way that school policies can have an impact on your use of tobacco.

Answer:

16. Justine wants to advocate for community laws to ban vaping at an outdoor concert venue. Look at the steps of the process she will follow. Number them in the correct order.

\_\_\_ 1. 2

\_\_\_ 2. 3

\_\_\_ 3. 1

\_\_\_ 4. 4

a. Research the current laws about outdoor concerts and vaping.

b. Recruit students and members of the community who will support your effort.

c. Identify solutions that will lead to new laws about vaping at outdoor concerts.

d. Implement your plan to get new vaping laws for the outdoor concert venue.

17. Some of your friends have been vaping, and you tried it along with them several times. Now you don't want to do it anymore, and you also don't want to lose your friends. What would be a good way to stay vape-free in this situation?

a. Take a vape and pretend to use it but don't actually inhale.

b. Tell your friends you can't do it anymore because it made you sick to your stomach.

c. Nod your head yes and smile while saying maybe, so that they don't get mad at you.

d. Stop hanging out with those friends at school and going places where they might go.

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

18. Achara has been smoking her parents' cigarettes now and then when she's home alone and bored. Which actions could she take to get out of that habit? **Select all that apply.**

a. She could try to find a school-sponsored activity to do after school.

b. She could choose friends who don't use tobacco in any form.

c. She could think about what else she could do at home besides smoke.

d. She could resolve to smoke only once per week if she feels tense.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

19. List four signs of nicotine addiction.

Answer:

20. If you find yourself feeling very angry about small problems when you stop using tobacco, that is a sign that you are addicted to nicotine.

a. True

b. False

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

21. Kyra stopped smoking cigarettes six months ago. What result of quitting might Kyra have noticed?

a. She is feeling a little more tired.

b. She has more spending money.

c. She sleeps fewer hours each night.

d. She doesn't concentrate as well.

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

22. List three benefits of being tobacco-free.

Answer:

23. Nicotine replacement therapy helps a smoker quit by completely cutting off the intake of nicotine.

a. True

b. False

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