

### 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?

### Social Consequences of Tobacco Use

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

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2.

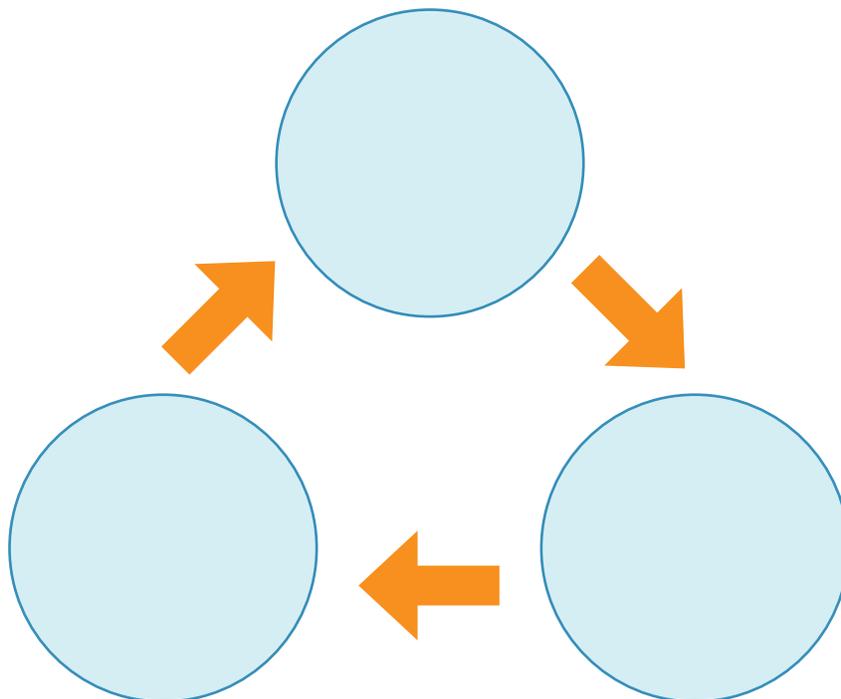
3.

### Financial Consequences Associated With Tobacco Use

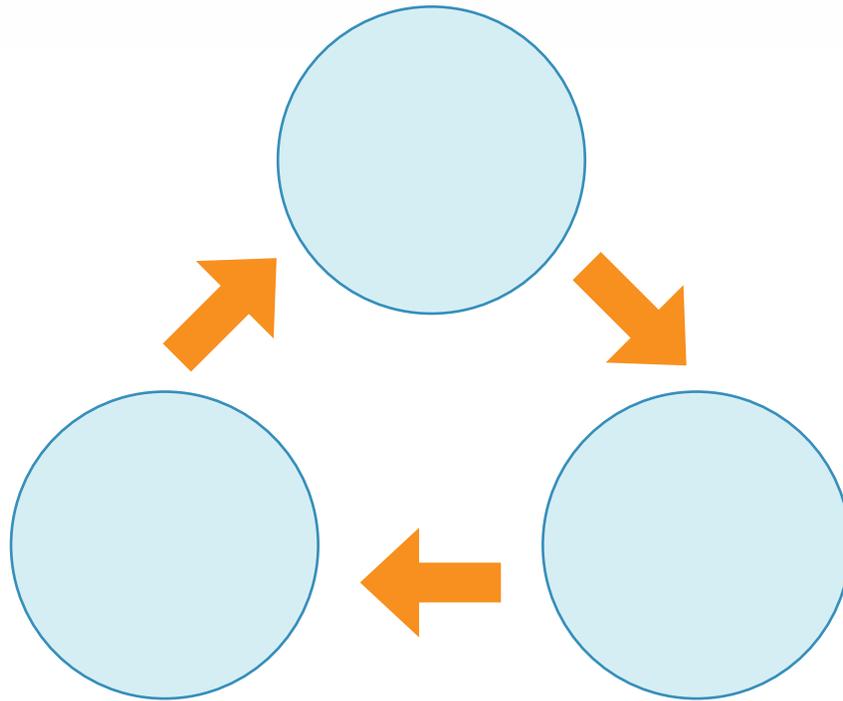
8. People who smoke or vape pay more for health and life insurance because they are considered at a higher risk for serious \_\_\_\_\_ illnesses. They also tend to work fewer years, which results in a reduction in lifetime \_\_\_\_\_, personal \_\_\_\_\_, and contributions to \_\_\_\_\_ plans.

### 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.

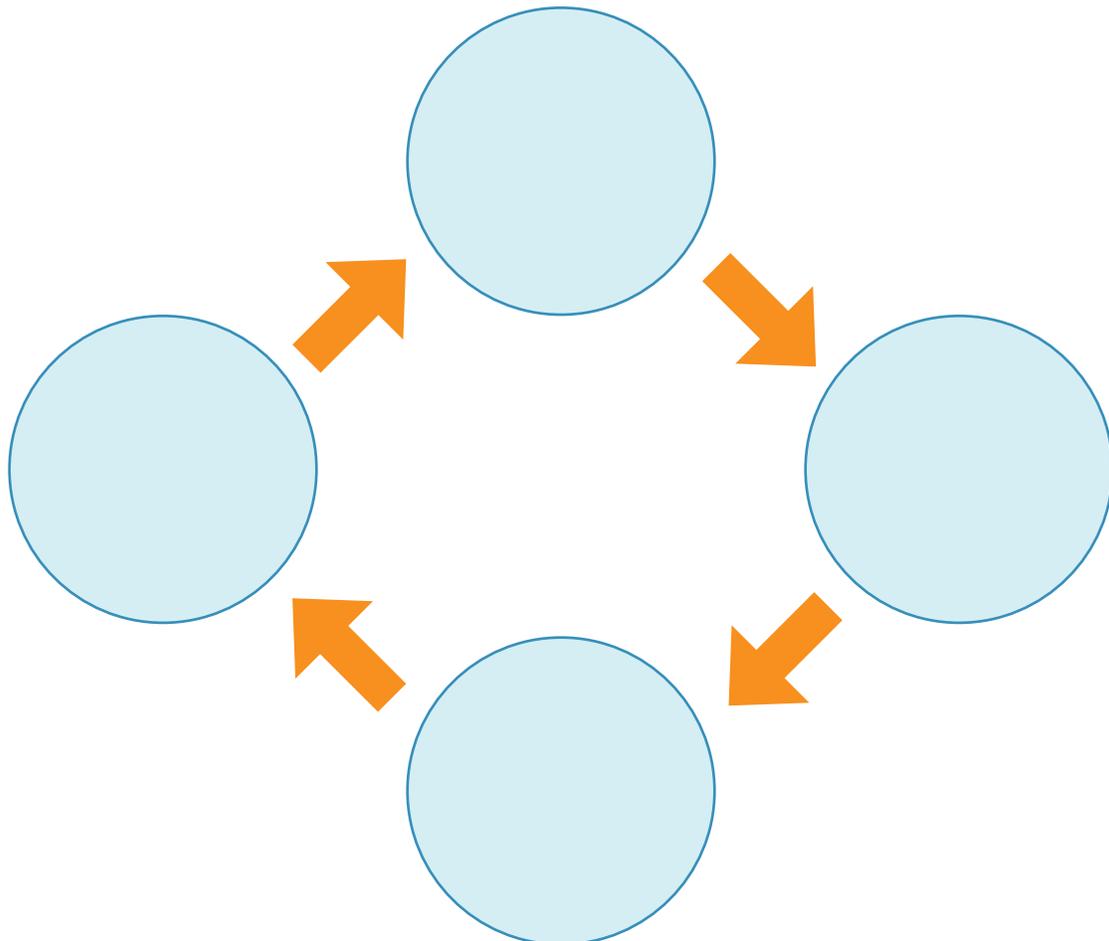
E-Cigarettes

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

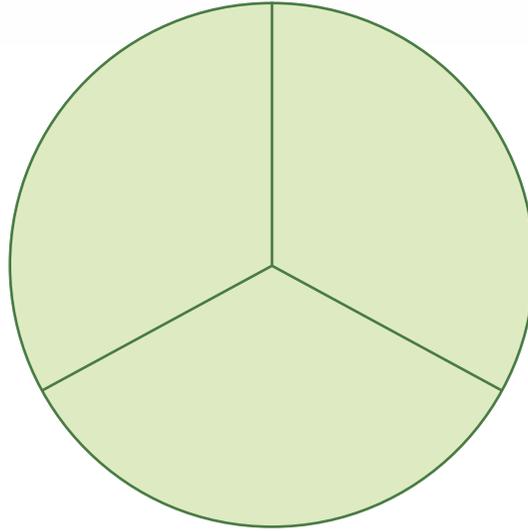
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14. Describe what vaping is.

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?

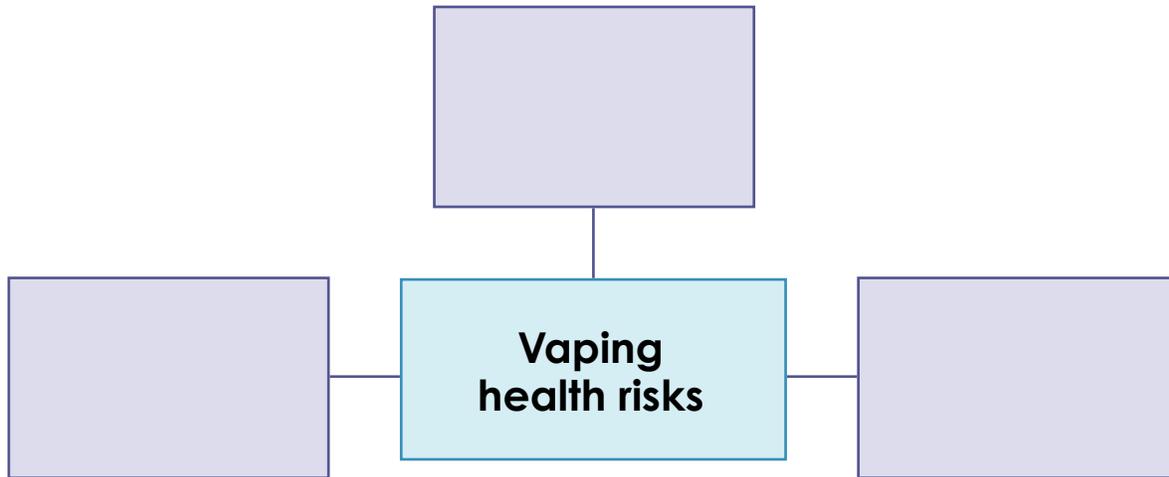
17. More than \_\_\_\_\_ million teens in middle school and high school use e-cigarettes. The CDC has found that teens and young adults who are using e-cigarettes are at an increased risk to smoke \_\_\_\_\_ later in their lives, due in part to the addictive nature of nicotine.

### 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.

<b>Secondhand smoke</b>	
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<b>Secondhand aerosol</b>	
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<b>Thirdhand smoke</b>	
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