

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

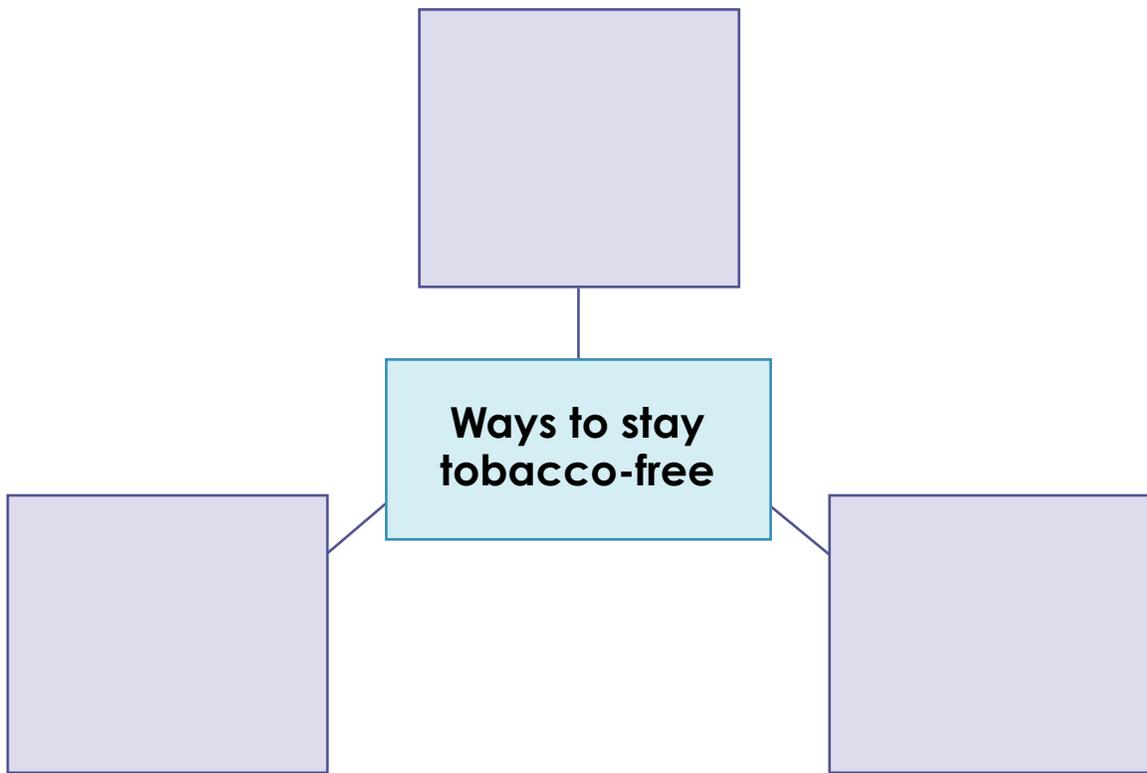
Nicotine Addiction

- 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.

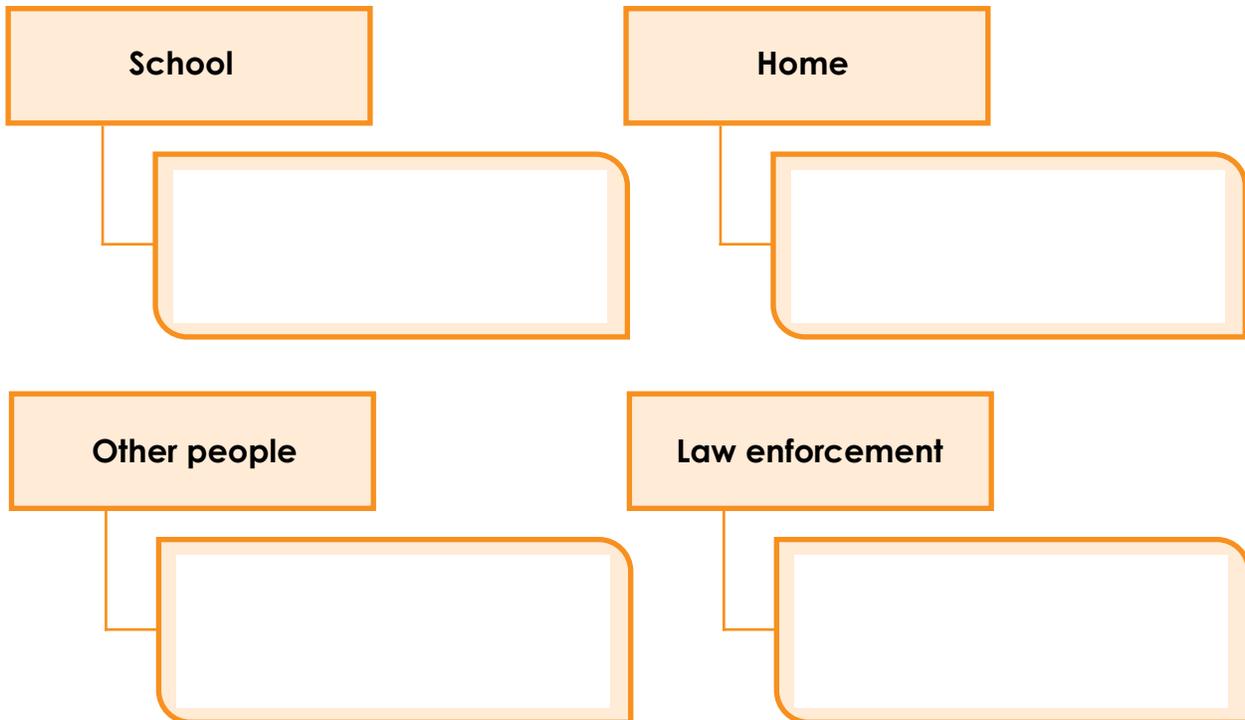
1.

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.



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