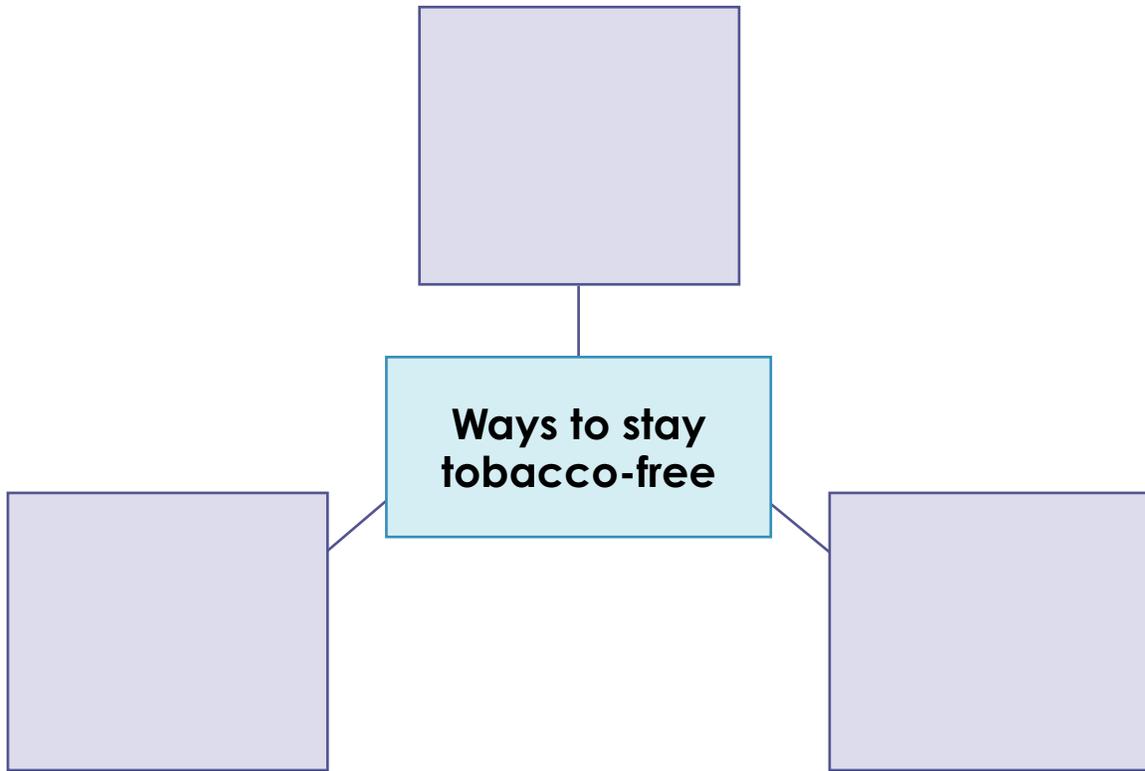


LESSON 11.3 **Avoiding and Quitting Tobacco Product Use Note-Taking Guide**

Tips for Staying Tobacco-Free

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



Refusal Skills to Avoid Tobacco Use

2. When refusing tobacco products, you will use a combination of _____ and _____ communication to get your point across.
3. Make sure your verbal response is _____ and _____ and your nonverbal response matches it.

Nicotine Addiction

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

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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.	

Quitting Methods

6. To be successful at quitting tobacco use, one of the first things you should do is set a _____ date.
7. 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

8. Give one example of a nicotine replacement therapy (NRT).