

NAME: _____

DATE: _____



TOBACCO UNIT: LESSON 3 TEENS AND ADDICTION

Learn about . . .

- why people become addicted to tobacco
- why teens begin using tobacco

Regulating the TOBACCO industry

Steps the government has taken . . .

1. Advertisements are BANNED FROM RADIO AND TELEVISION
2. Illegal to sell TOBACCO PRODUCTS TO ANYONE UNDER AGE 18
3. Clothing and souvenirs CANNOT FEATURE THE NAME OR LOGO OF A TOBACCO BRAND

How can antismoking messages in the media positively individual and community health?

TOBACCO ADDICTION

The addictive substance in tobacco is NICOTINE.

Define the following terms

1. **Addiction** - A Psychological or physical need for a drug or other substance
2. **Withdrawal** - unpleasant symptoms that someone experiences when he or she stops using an addictive substance
3. **Psychological dependence** - an addiction in which a person believes he or she needs a drug in order to feel good or function normally
4. **Physical dependence** - is an addiction in which the body develops a chemical need for drug.
5. **Tolerance** - the body's need for larger and larger doses of a drug to produce the same effect

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TOBACCO UNIT: LESSON 4 AVOIDING TOBACCO

Learn about . . .

- the benefits of saying NO to tobacco
- ways to help others break the habit
- how tobacco affects non-smokers

TOBACCO FREE: The best Choice

What might happen if someone tries to convince you to start and you are unprepared?

The pressure you feel might be DIFFICULT TO RESIST.

Therefore, it is important to practice your REFUSAL SKILLS.

BENEFITS OF SAYING NO

Healthy skin

Save Money

Better Health

Fewer allergies

clothes don't smell

Fresh breath

Honesty towards parents

More energy and endurance

KICKING THE TOBACCO

What is the addictive substance in tobacco that makes it hard to quit? Nicotine

People who quit experience WITHDRAWAL symptoms that include nervousness, MOODINESS, difficulty SLEEPING, hunger and cravings for NICOTINE.

TIPS TO HELPS SOMEONE QUIT

1. Make a list of reasons to quit.
2. Set small goals.
3. Avoid being with people who use tobacco.
4. Change any habits that are linked to using tobacco.
5. Learn stress relieving techniques.
6. Engage in physical activity.

List one organization you could go to for support or assistance to quit

1. American Cancer Society

How Tobacco affects Non-smokers

SECOND HAND SMOKE - air that has been contaminated by smoke.

PASSIVE SMOKERS - non-smokers who breathe secondhand smoke.

A smoke filled room contains high levels of _____,
and other pollutants.

Long term exposure to second hand smoke causes the risk of getting the
SAME ILLNESSES that effect smokers.

CHILDREN AND UNBORN BABIES

A woman who smokes during pregnancy ENDANGER the health of her unborn child.

Children of smokers experience higher rates of

Allergies

Asthma

Chronic bronchitis

Ear infections

Heart problems