

Tobacco Study Guide

- I. Substances in tobacco
 - a. Nicotine-addictive substance in tobacco
 - b. Tar-thick dark liquid that coats the lining of the lungs
 - c. Carbon monoxide-colorless, odorless poisoness, gas given off when tobacco burns
 - d. Formaldehyde-irritating gas used in laboratory disinfectants and preservatives
 - e. Methanol-poison liquid in tobacco that can cause blindness
 - f. Cyanide-deadly poison in tobacco

- II. Forms of tobacco (There is NO SAFE FORM OF TOBACCO)
 - a. Cigarettes
 - i. Filters – NOT safe do not take out all the tar
 - ii. Flavored – NOT safe, gimmick to try to get adolescents to start
 - b. Cigars and Pipes

 - c. Smokeless tobacco (Chewing tobacco)
Higher risk of cancers mouth, lip, esophagus, larynx, stomach

- III. Tobacco's effects on the body (smoking damages nearly every organ in the body)
 - a. Respiratory system
 - i. Alveoli
 - ii. Emphysema
 - b. Digestive system
 - c. Nervous system
 - d. Circulatory system
 - e. Excretory system

- IV. Regulating / Restricting how tobacco companies market their product
 - a. Advertising
 - b. Warning labels
 - c. Legal age to purchase

- V. Vocabulary related to drugs (specifically to our tobacco unit)
 - a. Addiction-physical or psychological need for a drug or other substance
 - b. Physical addiction-body develops a chemical need for a drug
 - c. Psychological addiction-person BELIEVES he or she needs a drug in order to feel good and function normally.
 - d. Withdrawal-unpleasant symptoms someone experiences when he/she stops using an addictive substance
 - e. Tolerance-bodies need for larger and larger doses of the drug to achieve the same effect.
 - f. Carcinogen-cancer causing agent (cigarettes have over 40)

- VI. Reasons teens use tobacco
 - a. (See guided notes)

- VII. Reasons teens should avoid tobacco
 - a. (See list in guided notes)

- VIII. Benefits of saying NO
 - a. (See list in guided notes)

- IX. Tips to help someone quit

- X. How Tobacco effects non-smokers –
 - a. Second hand smoke
 - b. Passive smokers
 - c. Children and unborn babies

- XI. REFUSAL SKILLS
 - a. STOP method (SAY NO, Tell why, Offer another idea, Promptly leave)
 - b. Decision making process (State situation, list options, weigh outcomes, consider values, make a decision and act, evaluate decision)