

# Study Guide

## Tobacco

1. Explain why young people are very important to tobacco companies.

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2. What are the strategies used by tobacco companies to entice youth into using tobacco products?

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3. List the three major harmful ingredients in tobacco and explain how these effect the body.

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4. Explain how the chemicals in tobacco smoke travel through the body. Then list at least eight effects of smoking just one cigarette.

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5. What are some changes that people notice when they first start smoking?

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6. What health problems can be caused by long-term smoking?

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7. What problems might unborn babies have due to their mothers' smoking during pregnancy?

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8. What can happen to infants, children, and teens that have parents who smoke?

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9. Define and differentiate between mainstream smoke and sidestream smoke.

Mainstream smoke...	Sidestream smoke...

10. What are some problems that can happen to non-smokers who work or live with smokers?

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11. List at least five facts about cigars.

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12. List at least five facts about smokeless tobacco.

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13. List and describe some effective tips for quitting smoking.

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