



Quiz Answer Key

1. List four problems that smoking causes for kids your age.
Any four of the following: bad breath; yellow teeth; more colds and coughs; asthma; stinky clothes; difficulty keeping up with others in sports; having less spending money.

2. True or **false**? It's better to chew tobacco than to smoke cigarettes. *Smokeless tobacco causes mouth and throat cancer, increased heart rate and blood pressure, and receding gums.*

3. What health problems do smokers face over the long term?
Any two of the following: heart disease; stroke; emphysema; bronchitis; pneumonia; many types of cancer including lung, throat, stomach, and bladder cancer.

4. List four reasons people start and continue to smoke.
Any four of the following: Makes them look older; helps them relax; to be rebellious; to be cool or fit in; to help manage weight; pressure from advertising.

5. What steps should be included in a plan for someone who wants to quit smoking?
Any five of the following: write down reasons to quit; get support from family and friends; set a quit date; throw away your cigarettes; get rid of the cigarette smell in clothes, house, and car; avoid smoking triggers; expect some physical symptoms; use a nicotine replacement if necessary; don't give up. See "How Can I Quit Smoking?" at KidsHealth.org/teen/drug_alcohol/tobacco/quit_smoking.html.

