



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

- By how many years can smoking shorten a person's life?
10 years or more
- What percentage of tobacco users start smoking before age 18?
90%
- Name three health problems caused by smoking:
Any three of the following: cancer, emphysema, heart disease, stroke, pneumonia, bronchitis
- True or false: E-cigarettes are not safe; they're just another way of putting nicotine – a highly addictive drug – into your body.
- True or false: Smokeless tobacco is the only safe way to ingest tobacco.
- Breathing in secondhand smoke does not increase a person's risk for:
 - asthma
 - bronchitis and pneumonia
 - cancer
 - dyslexia
 - heart disease
- True or false: Secondhand smoke contains thousands of chemicals – from arsenic and ammonia to hydrogen cyanide – many of which have been proven to be toxic or to cause cancer (called carcinogens).
- List two reasons why teens start smoking:
Any two of the following: to be cool, having family members or friends who smoke, peer pressure
- Name one strategy you can use to resist any pressure to smoke:
Any one of the following: listen to your inner voice, plan for possible situation with catch phrases, hang out with friends who feel the same as you, blame your parents for not letting you smoke, get comfortable saying no
- List three reasons to stay smoke free:
Any three of the following: live a longer life, have more energy, look and feel better, save money, be more active