



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. By how many years can smoking shorten a person's life?

2. What percentage of tobacco users start smoking before age 18?

3. Name three health problems caused by smoking:

4. True or false: E-cigarettes are not safe; they're just another way of putting nicotine – a highly addictive drug – into your body.
5. True or false: Smokeless tobacco is the only safe way to ingest tobacco.
6. Breathing in secondhand smoke does not increase a person's risk for:
 - a) asthma
 - b) bronchitis and pneumonia
 - c) cancer
 - d) dyslexia
 - e) heart disease
7. 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).
8. List two reasons why teens start smoking:

9. Name one strategy you can use to resist any pressure to smoke:

10. List three reasons to stay smoke free:

