



Quiz Answer Key

1. The main poisonous, addictive chemical in tobacco is called:
 - a. addictotine
 - b. nicktheteen
 - c. kerosene
 - d. nicotine
 - e. amphetamine
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. Name two health problems caused by smoking:
Any two of the following: heart disease; stroke; emphysema; bronchitis; pneumonia; many types of cancer including lung, throat, stomach, and bladder cancer.

4. Name one way you avoid peer 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, say your parents won't let you smoke, get comfortable saying no

5. Kids and teens can't make a parent or guardian stop smoking, but they can encourage (or help) them quit.