

Test Your Tobacco IQ – ANSWER GUIDE

Possible responses are listed after each question.

1. **State two consequences of using tobacco.**
 - heart disease
 - lung disease
 - weakened immune system
 - dulls the sense of taste
 - affects the lives of others
 - causes many types of cancer
 - addiction
 - makes your hair, clothes and breath smelly
 - expensive
 - it makes you less attractive to others
 - hurts and annoys others
 - smoking pollutes and harms our environment

2. **State two ways your life will be better if you don't use tobacco.**
 - better appearance
 - more attractive to others
 - nicer to be around
 - won't annoy others
 - more money
 - better athlete
 - live longer

3. **Where does the pressure young people feel to start using tobacco come from?**
 - family
 - friends
 - media
 - personal reasons

4. **State two healthy ways to have fun without using tobacco.**
 - join a sports team
 - be active
 - learn to be a good friend to yourself and others
 - discuss personal problems with a trusted adult
 - listen to music
 - read a book
 - eat a healthy snack
 - play a game

5. **Most people don't use tobacco.**
 - True

6. **Only adults can get addicted to tobacco, not young people.**
 - False

7. **The traditional use of tobacco is very different from the recreational use of tobacco.**

True

8. **One of the roles of health professionals is to prevent disease.**

True

9. **Give two reasons why it is hard to quit using tobacco.**

- the nicotine in tobacco is addictive
- using it becomes a habit that is very hard to break

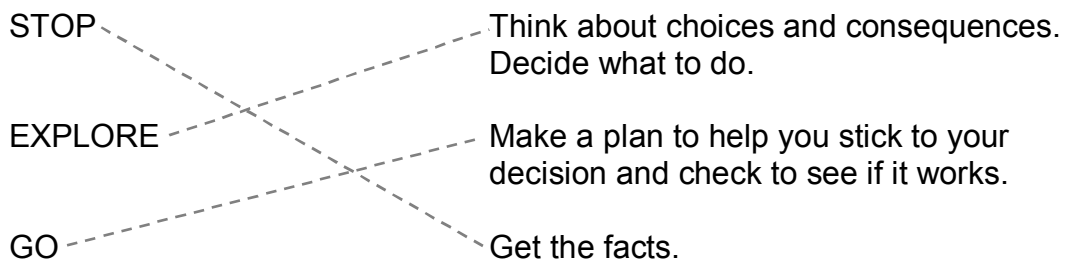
10. **Tobacco companies use tricks to get you to buy their products. They want to make you think tobacco will make you:**

- independent
- popular
- adventurous
- athletic

11. **State two ways to say “no” to tobacco.**

- say “no thanks”
- walk away
- broken record
- give an excuse
- better idea
- reverse the pressure

12. **Match the steps in making a decision with the correct description.**



13. **What anti-tobacco message would you use to convince your friends not to use tobacco?**

- Life is better when you're tobacco free
- Most people don't use tobacco
- Be smart. Don't start.
- Know the truth
- I can say “no”
- Make the right choice

14. **Where could someone go for further information on tobacco, or for help to quit using it?**

- doctor
- dentist
- pharmacist
- Public Health Services
- help lines
- parents
- teachers
- counsellors
- internet