

Name: _____

Test your tobacco IQ

1. State two consequences of using tobacco.

2. State two ways your life will be better if you don't use tobacco.

3. Where does the pressure young people feel to start using tobacco come from?

4. State two healthy ways to have fun without using tobacco.

5. Most people don't use tobacco.

True False

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

True False

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

True False

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

True False

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

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

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

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

STOP

Think about choices and consequences.
Decide what to do.

EXPLORE

Make a plan to help you stick to your
decision and check to see if it works.

GO

Get the facts.

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

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