CHAPTER 12
Do you know the truth about how tobacco damages lifelong health? To find out, take the Health Inventory for Chapter 12 at health.glencoe.com.

Fold a sheet of paper in half along the short axis.

Open and fold the bottom edge up to form a pocket. Glue the edges.

Label the front of the booklet as shown. Label the pockets “Tobacco Products” and “Harmful Effects.” Place an index card or quarter sheet of notebook paper into each pocket.

Before You Read

Make this Foldable to record what you learn in Lesson 1 about tobacco’s harmful effects. Begin with a plain sheet of 8½” x 11” paper.

As You Read

On index cards or quarter sheets of notebook paper, take notes on the different types of tobacco products and how they harm the body. Store these cards in the appropriate pocket of your Foldable.
How Tobacco Affects the Body

What Is Tobacco?

Tobacco is a plant that grows best in warm, humid climates. The leaves of a tobacco plant are dried, aged for two or three years, mixed with chemicals, and then used to make various products for smoking or chewing.

Tobacco contains a powerful drug that changes the brain’s chemistry. This change makes the tobacco user want more and more tobacco. Tobacco use is harmful to people’s health and is a major cause of early and preventable death. Nonetheless, many people use some form of tobacco on a regular basis.

Different Tobacco Products

Tobacco products come in many different forms, including cigarettes, cigars, and smokeless tobacco. Regardless of the form, all tobacco products are harmful. That’s why there are laws to control the advertising and sale of tobacco products.

Quick Write

Tobacco use is hard to hide. List telltale signs that help you identify a person who smokes or chews tobacco.

Learn About...

- the different forms in which tobacco is sold and consumed.
- the harmful substances in all forms of tobacco.
- the damage tobacco does to body systems.
- the negative effects that tobacco may have on appearance.

Vocabulary

- nicotine
- addictive
- tar
- cilia
- carbon monoxide

Despite the fact that tobacco use is harmful, tobacco companies continue to produce billions of tobacco products every year. What creates the demand for tobacco products?
Cigarettes
Cigarettes are the most common form of tobacco. In the United States, millions of people smoke cigarettes. Cigarettes put smokers at risk for emphysema and other lung and heart diseases, cancer, infertility, and stroke. Each year more than 430,000 people in the U.S. die from diseases caused by cigarette smoking.

Cigars and Pipes
Cigars contain the same dangerous substances as cigarettes but in much larger quantities. One large cigar can contain as much tobacco as a pack of cigarettes. Cigar smokers are four to ten times more likely to contract cancer of the mouth, larynx, and esophagus than nonsmokers, and they have a greater risk of dying from heart disease.

Some people smoke pipes, using loose tobacco. Pipe smokers usually inhale less than cigarette smokers, but they still increase their risk of cancer. Cancers of the lip, mouth, and throat are common among pipe smokers.

Smokeless Tobacco
Smokeless tobacco is tobacco that is chewed or sniffed. Common names for it are spit, chew, and snuff. Many people believe that smokeless tobacco is safer than other tobacco products because the user doesn’t inhale tobacco smoke. This is not true. Users of smokeless tobacco still absorb poisonous substances through the mouth or nose. Smokeless tobacco has been linked to cancers of the mouth, esophagus, larynx, stomach, and pancreas. Chewing tobacco also stains the teeth and causes tooth loss and gum disease. Moreover, tobacco chewers need to spit out tobacco juice from time to time—a habit that many people find offensive.

Specialty Cigarettes
The use of bidis and cloves has increased in the United States. Bidis are flavored, unfiltered cigarettes from India. Clove cigarettes, which are made in Indonesia, contain tobacco and ground cloves. Bidis and cloves are often sold in health food stores, which may give people the impression that they are safe to smoke. These specialty cigarettes can, however, be even more dangerous than regular cigarettes. Some bidis contain pure tobacco with seven times as much nicotine and twice as much tar as regular cigarettes.
What Is in Tobacco?

Tobacco and tobacco smoke contain approximately 4,000 chemicals. Over 200 of them are known to be dangerous to humans, especially nicotine, tar, and carbon monoxide.

**Nicotine** is an addictive drug found in tobacco leaves and in all tobacco products. An addictive drug is one that is capable of causing a user to develop intense cravings for it. When smoked or chewed, nicotine takes less than 7 seconds to reach the brain, where it creates a feeling of stimulation. About 30 minutes later, when the chemicals have left the brain, the user begins to feel discomfort. The desire to recapture the feeling and avoid the feeling of discomfort causes the user to crave more tobacco. The user is chemically dependent on the nicotine in tobacco.

**Tar** is a dark, thick, sticky liquid that forms when tobacco burns. When smokers inhale, tar gets into their lungs. It leaves a residue that destroys **cilia**, the tiny, hairlike structures that protect the lungs. Over time, it also destroys the air sacs in the lungs. The presence of tar can make breathing difficult. It is known to cause emphysema, lung cancer, and other lung diseases.

**Carbon monoxide** is a colorless, odorless, poisonous gas that is produced when tobacco burns. The carbon monoxide in smoke passes through the lungs into the bloodstream. There it reduces the amount of oxygen the blood cells can carry. A reduced oxygen supply weakens muscles and blood vessels, which, in turn, may lead to heart attacks and stroke.

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**HEALTH SKILLS ACTIVITY**

**Choose to Refuse Tobacco**

Elena, an eighth grader, attends a school that includes grades seven through twelve. One day Phoebe, a popular junior, stops to talk to her on the way home from school. Elena feels flattered by the older girl’s attention. Her good mood turns to alarm, however, when Phoebe offers her a bidi.

Elena’s health class has just finished a unit on tobacco, and she knows that bidis are harmful. She decides to use the S.T.O.P. refusal skills to deal with the situation.

**What would you do?**

Apply the S.T.O.P. refusal skills to Elena’s situation. With a classmate, role-play a conversation between Elena and Phoebe. Reverse roles and do the role-play again. Were you comfortable using the S.T.O.P. refusal skills? Why or why not?

- **Say no in a firm voice.**
- **Tell why not.**
- **Offer other ideas.**
- **Promptly leave.**
How Tobacco Affects the User’s Body

The chemicals in tobacco and tobacco smoke cause damage to most of the body’s systems. Tobacco use is particularly damaging to teens because their bodies are still growing and developing. Some of the effects of tobacco use are evident almost immediately. Others become apparent over time. Figure 12.1 shows both the short-term and the long-term harmful effects of tobacco use on body systems.

**Figure 12.1**
**SHORT-TERM AND LONG-TERM EFFECTS OF TOBACCO USE**

- **A. Nervous System**
  - **Short-term effects:** Changes take place in brain chemistry. Withdrawal symptoms (nervousness, shakes, headaches) may occur as soon as 30 minutes after the last cigarette. The heart rate and blood pressure increase.
  - **Long-term effects:** There is an increased risk of stroke due to decreased flow of oxygen to the brain.

- **B. Circulatory System**
  - **Short-term effects:** Heart rate is increased. Energy is reduced because less oxygen gets to body tissues.
  - **Long-term effects:** Blood vessels are weakened and narrowed. Cholesterol levels increase. Blood vessels are clogged due to fatty buildup. Oxygen flow to heart is reduced. Risk of heart disease and stroke is greater.

- **C. Respiratory System**
  - **Short-term effects:** User has bad breath, shortness of breath, reduced energy, coughing, and more phlegm (mucus). Colds and flu are more frequent. Allergies and asthma problems increase. Bronchitis and other serious respiratory illnesses increase.
  - **Long-term effects:** Risk of lung cancer, emphysema, and other lung diseases increases.

- **D. Digestive System**
  - **Short-term effects:** User has upset stomach, bad breath, stained teeth, dulled taste buds, and tooth decay.
  - **Long-term effects:** Risk of cancer of the mouth and throat, gum and tooth disease, stomach ulcers, and bladder cancer increases.
Tobacco and Appearance

Most of the damage caused by tobacco use occurs inside the body. However, tobacco use also harms a person’s outer appearance. Every time a person uses a tobacco product, the smell of tobacco lingers on his or her hands, breath, hair, and clothing.

Over time, tobacco use can lead to stained teeth and fingers. Tobacco users often look older more quickly because their skin wrinkles. With shortness of breath and frequent coughing, smokers are generally less physically fit than nonsmokers. Smokeless tobacco users often develop cracked lips, inflamed gums, and sores in their mouths.

A tobacco user’s appearance can affect his or her social relationships. Many people are offended by a tobacco user’s smelly breath, hair, and clothing, and they don’t want to get close to him or her.

The benefits of healthy habits that you develop in your teen years will last a lifetime. How does staying tobacco free help you maintain a healthy appearance?

Lesson Review

Using complete sentences, answer the following questions on a sheet of paper.

Reviewing Terms and Facts

1. Recall Name five forms of tobacco.
2. Explain Why is smoking cigars or using smokeless tobacco just as harmful as smoking cigarettes?
3. Vocabulary Define the terms nicotine and addictive.
4. Restate Describe some long-term effects that tobacco has on the respiratory system and the digestive system.

Thinking Critically

5. Hypothesize Why do you think cigarettes are more commonly used than other forms of tobacco?
6. Synthesize Explain why tobacco use can negatively affect a person’s social relationships.

Applying Health Skills

7. Advocacy Demonstrate ways to use health information to help others: Find a local chapter of the American Cancer Society, American Heart Association, American Dental Association, or American Lung Association on the Internet. Request information about the effects of smoking or using smokeless tobacco. Use this information to prepare a display for the school library or nurse’s office on what tobacco does to the body.
Who Buys Tobacco?

Tobacco is a big business in the United States. In one year, tobacco companies spend over $6.8 billion on marketing and advertising campaigns. That’s more than $18.5 million every day! In spite of all this advertising, tobacco use among adults has declined over 40 percent since 1965. Today, the majority of adults—about 75 percent—don’t use tobacco.

Tobacco companies want to attract new users to replace those who have either quit or died. In the eyes of the tobacco industry, children and teens represent the most profitable market. People who become addicted to nicotine as teens are likely to spend thousands of dollars on tobacco products in their lifetime. As a result of lawsuits settled in 1998, tobacco companies have agreed not to use cartoon characters and other advertising methods that might attract children and teens. Nevertheless, the industry continues to find ways to lure young smokers.

Antitobacco advertisements tell another side to the tobacco story. Explain how billboards like this one can positively influence individual and community health.
An Expensive Habit

Tobacco use is not only an unhealthy habit but also an expensive one. People who use tobacco frequently pay higher health insurance rates. They generally have more doctor and dental bills because of tobacco-related illnesses. There is also the cost of the tobacco product itself. A pack of cigarettes costs around $3.25. At that rate, smokers who smoke a pack a day will spend over $1,100 each year just on cigarettes.

Tobacco Addiction

Despite the high personal costs and health risks of tobacco use, a number of people continue to smoke or chew tobacco. They may want to stop but find it difficult or frustrating. This is because they have formed a chemical dependency on, or addiction to, the nicotine in tobacco. An addiction is a physical or psychological need for a drug. Addiction develops from regular use of a drug. Nicotine addiction can occur in a short amount of time. Nicotine causes two types of addiction.

- **Physical dependence** is a type of addiction in which the body itself feels a direct need for a drug. Nicotine affects body temperature, heart rate, digestion, and muscle tone. Once the nicotine level drops or the nicotine leaves the body’s systems, the body craves more. Tobacco users don’t feel normal unless their bodies are under the influence of nicotine.

- **Psychological dependence** is an addiction in which the mind sends the body a message that it needs more of a drug. Certain events, situations, and habits trigger a desire to use tobacco. Teens might think they need to smoke a cigarette to help them relax at a party or to help them be more alert before a test. Many smokers feel the need for a cigarette every time they talk on the telephone or finish a meal.

According to the Centers for Disease Control and Prevention, nicotine addiction is the most common form of drug addiction in the United States. Nicotine is more addictive than heroin or cocaine. Teens are more likely to develop a severe level of addiction than people who begin to use tobacco at a later age.

You Can Quit!

Two-thirds of the adults who smoke say that they would like to quit, and teen smokers are as eager to quit as adults are. In the year 2000, 70 percent of teen smokers said they regretted having started. Despite the difficulties associated with quitting, approximately 44 million American adults are now former smokers. **Figure 12.2** shows the number of former smokers in the United States population between 1970 and 1998.
Withdrawal

In order to quit, tobacco users have to go through withdrawal, the physical and psychological symptoms that occur when someone stops using an addictive substance. Physical symptoms of nicotine withdrawal include the craving to use nicotine, headaches, shakiness, fatigue, increased appetite, and nausea. Psychological symptoms include feeling irritable, nervous, anxious, and sad. People going through withdrawal may have trouble thinking during the day and sleeping during the night. The intensity of withdrawal symptoms and the length of time they last vary from person to person. An inability or reluctance to cope with withdrawal is often the main obstacle to quitting tobacco use.

**Figure 12.2**

**Look Who’s Not Smoking**

The number of Americans who don’t smoke, either because they never started or because they quit, has been rising steadily.
The Costs to Society

Individuals who use tobacco are not the only ones harmed by its effects. Smoke from cigarettes, cigars, and pipes also threatens the health of nonsmokers. In addition, the harm tobacco causes adds up to serious costs for families and society.

Secondhand Smoke

Secondhand smoke is air that has been contaminated by tobacco smoke. There are two kinds of secondhand smoke. Mainstream smoke is smoke that a smoker inhales and then exhales. Sidestream smoke is smoke given off by the burning end of a cigarette, cigar, or pipe. Sidestream smoke contains twice as much tar and nicotine as mainstream smoke.

Developing Good Character

A ban on smoking in public places such as malls, restaurants, and theaters helps protect the health of nonsmokers. What are the nonsmoking policies in your community?

Hands-On Health

Tobacco Facts Pamphlets

Antitobacco programs in schools have been very successful in reducing tobacco use among young people. In this activity you will use your health knowledge to help other teens stay away from tobacco.

What you will need
- sheet of paper
- pen and colored markers

What you will do
1. Think of a group to whom you would like to deliver an antitobacco message. It should be a group you know well, such as your scout troop, your soccer teammates, or friends in your community.
2. Fold a sheet of paper into thirds to make a six-page pamphlet.
3. Put a catchy title for your pamphlet on the cover.
4. Use the other pages to list facts that may persuade the group to stay tobacco free.
5. Illustrate your pamphlet with antitobacco drawings, cartoons, or logos.
6. Photocopy your pamphlet so you have enough copies for everyone in the group.

In conclusion
Give your pamphlet to the members of the group. Ask them to share the pamphlet with other groups of teens.
Nonsmokers can develop respiratory illnesses such as pneumonia and bronchitis as a result of secondhand smoke. Infants and young children who are constantly exposed to secondhand smoke have more colds, ear infections, allergies, and asthma than children who grow up in smoke-free homes. Secondhand smoke can also lead to lung disease, heart disease, and cancer in nonsmokers.

**Public Health Costs**

Tobacco-related illnesses increase the cost of medical care for everyone. Consumers must pay higher rates for health care insurance in order to cover these costs. Taxpayers must also pay the medical bills of patients who lack health insurance.

**Costs to the Nation’s Economy**

People who miss work because of tobacco-related illnesses produce fewer goods and services. As a result, companies earn less money. Productive time is also lost when tobacco users leave their workstations to have a cigarette. Tobacco use costs the United States almost $100 billion each year in health care costs and lost productivity.

**Pregnancy and Tobacco**

Females who smoke during pregnancy increase their risk of having a low birth weight baby and a premature delivery. Nicotine and carbon monoxide keep needed nutrients and oxygen from the fetus. The incidence of Sudden Infant Death Syndrome (SIDS) is also higher in homes where parents smoke.

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**Lesson 2 Review**

Using complete sentences, answer the following questions on a sheet of paper.

**Reviewing Terms and Facts**

1. **Vocabulary** Define the term *addiction*. Use it in an original sentence.
2. **Contrast** How do physical dependence and psychological dependence differ?
3. **Recall** What are three symptoms of nicotine withdrawal?
4. **Describe** Identify the two types of smoke that nonsmokers might inhale.

**Thinking Critically**

5. **Apply** Explain the impact of chemical dependency and addiction to tobacco.
6. **Summarize** Why are pregnant women advised not to smoke?

**Applying Health Skills**

7. **Advocacy** Make a poster showing the effects of secondhand smoke on nonsmokers. Your poster should express a point of view about the rights of nonsmokers. Be sure to include the facts to support your point of view. Display your poster in the classroom.
Lesson 3

Choosing to Be Tobacco Free

Why Some Teens Start to Use Tobacco

The good news is that the majority of young teens—about 65 percent—don’t smoke. In addition, smoking among high school students began to decline in 1998. The bad news is that each day, 4,800 teens smoke their first cigarette. Of this group, 2,000 will become regular smokers. One-third of these will eventually die of smoking-related illnesses.

Internal Influences

Teens may start using tobacco because of internal influences.

- **Stress.** Teens may think that tobacco will help them relax and cope with stress. They don’t realize that the symptoms of withdrawal from nicotine, which occur as often as every 30 minutes, will add to their daily stresses.

- **Weight.** Some teens wrongly believe that using tobacco will help them maintain a healthy weight. In reality, its use reduces a person’s capacity for aerobic exercise and sports.

- **Image.** Using cigarette lighters and blowing smoke makes some teens feel grown up. Teens who are really mature know that they don’t want to give up lifelong health just to look “cool.”

The best way to maintain a healthy weight is to stay active and eat a healthful diet. Why doesn’t tobacco fit into a healthy weight-management plan?

VOCABULARY

- cold turkey
- nicotine patch

Quick Write

Why do some teens begin using tobacco? List all the reasons you can think of.

LEARN ABOUT...

- reasons some teens start using tobacco.
- strategies for avoiding tobacco use.
- ways to quit using tobacco.
• **Independence.** Tobacco use may seem to be a sign of independence. However, it’s really just the opposite. Tobacco users become dependent on their unhealthy and costly habit.

• **Peer acceptance.** Teens may think they need to smoke in order to fit in with their peer group. However, most teens today don’t want anything to do with tobacco users.

**External Influences**

External influences may also cause teens to start smoking.

• **Role models.** Some teens want to be like a friend, a celebrity, or some other role model who uses tobacco. They don’t realize that their role models wish they could quit their tobacco habit.

• **Peers.** Peers, siblings, and friends are powerful influences. Many teens try their first cigarette with a friend who already smokes.

• **Media.** Movies and television shows often portray tobacco use in ways that appeal to teens. Tobacco companies pay millions of dollars to have their products featured in movies.

• **Advertising.** There is strong evidence that tobacco advertising influences teens. One study found that 86 percent of kids who smoke prefer the three most heavily advertised brands.

• **Family members and other adults.** Some teens see their parents and other adults using tobacco and think that it’s all right for them to use it, too.

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**HEALTH SKILLS ACTIVITY**

**ANALYZING INFLUENCES**

**Be Prepared**

When you can recognize internal and external influences on your personal health behavior, you’ll be ready to handle them. Here are some examples of people, events, and situations that might tempt teens to use tobacco.

- A stressful day at school.
- Constantly being exposed to ads for tobacco products on the Internet or in a convenience store.
- Curiosity about what it would feel like to smoke.
- Discovering that a highly respected person used tobacco.
- Seeing a tobacco ad that features young adults having fun.
- Hearing that smoking helps keep weight down.

**On Your Own**

Draw up your own list of internal and external influences that might pressure you to start using tobacco. Make a plan showing how you would deal with each one.
How Not to Start

The best way to lead a tobacco-free life is never to start using tobacco products. About 90 percent of adult smokers began smoking before the age of 21, and half of them had become regular smokers by age 18. If you avoid using tobacco during middle school or high school, there’s a good chance you’ll never start.

Resisting peer pressure to use tobacco can be difficult. However, you can use several strategies to help you.

- **Choose friends who don’t use tobacco.** If your friends don’t use tobacco, you won’t be pressured to use it yourself.
- **Avoid situations where tobacco may be used.** You may be invited to a party where you know your peers will be using tobacco. Give your reasons for not going and then enjoy an alternative activity with your tobacco-free friends instead.
- **Use refusal skills.** If tobacco users urge you to try tobacco, you can respond by saying no. If the pressure continues, however, you can explain your reasons for avoiding tobacco products. Figure 12.3 shows some ways to refuse tobacco. Remember to be assertive. If your peers continue to pressure you, leave. If necessary, obtain help from a trusted adult.
Strategies for Quitting

A variety of strategies are available to help someone break the tobacco habit. One way is to quit gradually by reducing the number of cigarettes smoked or the frequency of using chew over a period of time. Another way to quit is cold turkey, or stopping all at once. Cold turkey is thought to be more effective than trying to quit gradually.

Tobacco users, no matter what age, may need products such as a nicotine patch or nicotine gum to help them through withdrawal. The **nicotine patch** is a medication that allows tobacco users to give up tobacco right away while gradually cutting down on nicotine. The patch is available both by prescription and over the counter. Nicotine gum is available over the counter, and it works in a similar way as the patch.

Tobacco users who want to quit may seek help from local support groups and organized programs or from professional counselors. The American Lung Association, the American Heart Association, and the American Cancer Society, as well as hospitals and health groups, offer programs to help tobacco users quit. Identify and participate in any tobacco-free events that are taking place in your community.

Family support is an important factor in quitting the use of tobacco successfully.

Lesson Review

Using complete sentences, answer the following questions on a sheet of paper.

**Reviewing Terms and Facts**

1. **Restate** List internal and external influences that affect tobacco use.
2. **Recall** What are three strategies for resisting peer pressure to use tobacco?
3. **Vocabulary** What does it mean to quit cold turkey?
4. **Describe** What resources are available to help tobacco users quit?

**Thinking Critically**

5. **Explain** Why are efforts to prevent teens from using tobacco so important?

**Applying Health Skills**

6. **Accessing Information** Research and identify tobacco-free events that are taking place in your community. Choose one event to participate in and encourage your peers to get involved as well.
How much do you know about the dangers of smoking cigarettes? Take this quiz and find out.

Quiz

1. How long does it take before smoking starts to affect your health?
   a. Within days
   b. Two weeks
   c. A year
   d. Three years

2. How many cigarettes do you have to smoke until you’re likely to become addicted?
   a. One
   b. Three
   c. A pack
   d. Five packs

3. Smoking is as addictive as harder drugs, such as cocaine and heroin.
   a. True  b. False

4. If you’ve been smoking for less than a year, quitting is easy.
   a. True  b. False

5. How many fewer years can a long-term smoker be expected to live?
   a. 3  b. 5  c. 10  d. 12

Answers: 1. a  2. d  3. a  4. b  5. b

Check out the explanations on the next page!
Explanations

1. **Damage to the lungs, heart, and circulation occurs within days after a person starts smoking**, says Jack Fincham, Ph.D., of the University of Kansas. That’s because cigarette smoke contains a lethal list of toxins: cyanide, methanol (wood alcohol), ammonia, and poisonous gases like carbon monoxide. In addition, check out this scary statistic: The younger a person is when he or she starts smoking, the more likely lung growth will be stunted for life.

2. According to Fincham, nearly 50 percent of all previous nonsmokers who smoke more than two cigarettes go on to become regular smokers within a year. **What’s more, of those new smokers, nearly 90 percent are under age 21.** (Most smokers start their habit between the ages of 10 and 18.)

New Names, Same Danger

Are “herbal” cigarettes just as dangerous as regular cigarettes? You bet. Here are the facts:

**BIDIS:** These small, unfiltered cigarettes are imported from India. Aside from added flavorings, they’re nothing more than tobacco leaves rolled in a cigar-like casing. They have three times the nicotine of regular cigarettes and, because they have no filter, a lot more of the tar that causes lung damage.

**CLOVES:** These are typically two-thirds tobacco and one-third ground cloves. When people inhale, an ingredient deadens sensation in the throat, allowing them to inhale more deeply and hold the smoke in for a longer period. This makes clove cigarettes especially harmful to the lungs.

3. As surprising as it may sound, **cigarettes are considered as addictive as drugs like cocaine and even heroin,** according to Saul Shiffman, Ph.D., of the Smoking Research Group at the University of Pittsburgh. That’s because nicotine, which occurs naturally in tobacco, is very addictive. Also, cigarette smoking is associated with other drug use. According to a recent Surgeon General’s report, teens who smoke are three times more likely to use alcohol, eight times more likely to use marijuana, and 22 times more likely to use cocaine than teens who don’t smoke.

4. According to the Centers for Disease Control and Prevention (CDC), **teens often underestimate the addictiveness of nicotine.** Seventy-five percent of people who were daily smokers in high school but planned to quit were still smoking six years later. Also, even after quitting, former smokers have a permanent physical tolerance to nicotine. That means even one cigarette smoked years later could be enough to get a person hooked again.

5. **According to reports by the CDC, lifelong smokers who die from a smoking-related disease have probably lost about 12 years of their typical life span.** The upside: Fifteen years after smokers quit, their life expectancy reverts to nearly the same as that of lifelong nonsmokers.

TIME TO THINK...

About the Dangers of Smoking

Brainstorm with your classmates to create an original antismoking ad campaign. What new angle can you take? Use reliable online and print resources to research the subject and to find statistics and facts that will enhance your campaign. Use images from the Internet or from newspapers and magazines to increase the impact of your message. With your teacher’s permission, create posters and flyers and distribute them throughout your school.
Model

Jackson is an ambitious teen. One of his goals is to start his own business walking dogs in his neighborhood. This is a long-term goal that will require a lot of effort to achieve.

Jackson knows that using tobacco will make it much more difficult for him to achieve his goal. Chemicals in tobacco could harm his health, making it harder for him to find the energy he needs to walk the dogs. Using tobacco would also cost him a lot of money that he could be spending to promote his business. So Jackson has made avoiding tobacco one of the steps in his plan to achieve his long-term goal. He makes a conscious effort, not only to be tobacco free himself, but also to avoid secondhand smoke. He politely asks others not to smoke near him when they are in a car or any other enclosed space. With his worries about tobacco out of the way, Jackson can move on to the other steps in his plan to get his business started.
Practice

Teens often have many different goals for their future. Below is a list of short-term and long-term goals a teen might have. With a small group, brainstorm a list of ways that tobacco use could interfere with these goals. Write your ideas on a sheet of paper. When you are done, share your ideas with the class.

**Goals for Teens**
- having fun with friends
- being part of a sports team
- being part of a musical group
- improving physical fitness
- forming mature relationships
- going to college

**Apply/Assess**

How can being tobacco free help you achieve your goals? Think about some of the short-term and long-term goals you have set for yourself. Choose one goal that you think will be easier to reach if you remain tobacco free. Write this goal on a sheet of paper and explain in one or two sentences why tobacco would interfere with your ability to reach the goal. Remember that tobacco use has short-term and long-term effects. Then use the goal-setting steps to develop a strategy for achieving your goal. Include avoiding tobacco as one of the steps in your plan.

Share your plan with your classmates. As a class, brainstorm a list of situations in which you could be exposed to tobacco smoke or pressured to use tobacco products. Then identify ways, such as alternative activities, you could avoid tobacco in each of those situations. Add these strategies to your goal-setting plan.
After You Read

Use your completed Foldable to review the information on the harmful effects of tobacco.

Reviewing Vocabulary and Concepts

On a sheet of paper, write the numbers 1–5. After each number, write the term from the list that best completes each sentence.

- nicotine
- chew
- carbon monoxide
- bidis
- tar

Lesson 1

1. Although _________ may be sold at health food stores, they can be even more dangerous than regular cigarettes.
2. _________ is a powerful, addictive drug found in tobacco leaves and all tobacco products.
3. Over time, the _________ that gets into a user’s lungs can make breathing difficult and lead to lung diseases and cancer.
4. Once it passes from the lungs to the bloodstream, _________ reduces the amount of oxygen the blood cells can carry.
5. Another name for smokeless tobacco is _________.

Lesson 2

On a sheet of paper, write the numbers 6–10. Write True or False for each statement below. If the statement is false, change the underlined word or phrase to make it true.

6. A physical or psychological need for a drug or other substance is called withdrawal.
7. Headaches, nausea, and fatigue are all physical symptoms of nicotine withdrawal.
8. People who reach for some form of tobacco when they begin certain activities have a physical dependence.
9. Sidestream smoke is smoke that is exhaled from the lungs of smokers.
10. Mainstream smoke is smoke that comes from the burning tip of a cigarette.

Lesson 3

On a sheet of paper, write the numbers 11–14. After each number, write the letter of the answer that best completes each statement.

11. Cold turkey is a
   a. withdrawal symptom.
   b. way of quitting tobacco use.
   c. chemical in tobacco.
   d. type of drug.

12. Nicotine patches and gums are
   a. types of candy cigarettes.
   b. ingredients in pipe tobacco.
   c. medications that help tobacco users quit.
   d. types of spit tobacco.

13. An example of an external influence to start smoking is
   a. advertising.
   b. concerns about weight.
   c. stress.
   d. independence.

14. One strategy to avoid starting to use tobacco is to
   a. wear a nicotine patch.
   b. use refusal skills.
   c. listen to negative peer pressure.
   d. choose friends who use smokeless tobacco.
Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

15. **Hypothesize** Smoking filtered or low nicotine cigarettes is as dangerous as smoking regular cigarettes. Explain why.

16. **Cause and Effect** Many experts believe that teens who use tobacco are more likely to use alcohol and other drugs. Why do you think this might be so?

17. **Evaluate** How can using positive peer pressure help counteract the negative effects of living in an environment where tobacco dependency exists?

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### Career Corner

**Respiratory Therapist** Smokers who develop serious lung damage may need the help of a respiratory therapist. These professionals evaluate, treat, and care for patients with such breathing disorders as emphysema. Respiratory therapists can become registered after attending a two-year program at a community college or vocational school. Learn more about this and other health careers by clicking on Career Corner at health.glencoe.com.

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We are here today to urge the City Council to vote in favor of a ban on smoking in restaurants in our city. Smoking is banned inside public buildings, schools, and stores; and we feel that restaurants should be protected in the same way.

Cigarette smoking does not just harm smokers. Nonsmokers exposed to secondhand smoke are also in danger. Sidestream smoke, the smoke coming from the burning tip of another person’s cigarette, contains twice as much tar and nicotine as does the smoke that smokers inhale. We believe that nonsmokers have the right to eat out without being affected by sidestream smoke.

Please vote in favor of the smoking ban.

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### Standardized Test Practice

Read the paragraphs below and then answer the questions.

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Please vote in favor of the smoking ban.

1. Which sentence in the second paragraph represents an opinion?
   
   **A** Cigarette smoking does not just harm smokers.
   
   **B** Nonsmokers exposed to secondhand smoke are also in danger.
   
   **C** Please vote in favor of the smoking ban.
   
   **D** We believe that nonsmokers have the right to eat out without being affected by sidestream smoke.

2. What is paragraph two mainly about?
   
   **A** eating in restaurants
   
   **B** the unhealthy aspects of sidestream smoke
   
   **C** the dangers of smokeless tobacco
   
   **D** smokers who quit

3. Write a paragraph developing your own argument for banning smoke in restaurants or another public place.