Concept Mapping Activity 9-1

Directions: Complete the concept map on saying no to tobacco products, using terms and phrases from your textbook.

Tobacco contains several harmful chemicals including ____________, ____________, and ____________.

Some tobacco users lose their sense of taste and ____________.

Just one releases harmful chemicals into the body.

Reasons to Say No to Tobacco

__________ tobacco is just as harmful as tobacco that is smoked.

Smoking increases a person's risk to get lung ____________.

Nicotine in tobacco is powerfully ____________.
Concept Mapping Activity 9-2

Directions: Complete the concept map on ways in which teens may be influenced to try tobacco products. In the boxes, write one source of influence. Use terms and phrases from your textbook as well as examples from your personal experience.
Concept Mapping Activity 9-3

Directions: Complete the concept map on ways to stay tobacco free, using terms and phrases from your textbook.

- Use ____________ skills to say ____________ to tobacco.
- Tobacco prevents further damage to the body.
- One way to quit using tobacco is to go ____________ turkey.
- Because secondhand smoke can be a health risk, ask people not to ____________ around you.
- Some people succeed in quitting with the help of community ____________ groups.
- Another way to quit is to use nicotine ____________ therapies.

Ways to Stay Tobacco Free

Chapter 9   Teen Health Course 1