Chapter 8: Lesson 1

Many substances in tobacco ________ with your body systems. Nicotine speeds up the ________ and affects the central nervous system. It also ________ blood vessels, which may lead to heart disease. Tar coats the inside of the ________. Carbon monoxide is a poisonous, odorless gas produced when tobacco ________. When inhaled, it reduces the amount of ________ in the blood. Nicotine, which is found in all tobacco products, can also cause addiction. Smoking can lead to ________ of the lungs, mouth, throat, bladder, and colon. Smoking can raise blood pressure, which can result in a heart attack or stroke. ________ tobacco is not smoked, but chewed. The nicotine in smokeless tobacco is also addictive. Smokeless tobacco can lead to serious health problems, such as ________ in the mouth and stomach, bad breath and stained teeth, cavities and gum disease. Secondhand smoke is tobacco smoke that stays in the air and may be breathed in by ________. It can also cause diseases.
Chapter 8: Lesson 2

Several things may influence teens to use tobacco. Some teens want to ________, and think that using tobacco will help. Some teens may think that using tobacco makes them seem more ________. Most teens, however, ________ use tobacco. Also, tobacco use is less socially ________ now than in the past. There are many reasons to say no to tobacco. It ________ nearly all of your body systems. It makes your breath, clothing, skin, and hair ________ bad. It is illegal for stores to sell tobacco products to those under the age of _________. It is also illegal to ________ tobacco if you are under 18. There are many ways to say no to tobacco. You can help others to be tobacco free by being an ________. As a health advocate, you can be ________ and supportive, offer helpful suggestions, and avoid being _________.

smell
possess
grown-up
critical
acceptable
18
fit in
advocate
do not
positive
damages