

Lesson 3 – Tobacco Addiction

Word Bank - irritability psychological dependence withdrawal
 crave support prepare tolerance drug
 routine relapse physical dependence restlessness

Nicotine is a powerful (17) _____. Once addicted, it becomes very difficult to quit smoking. The body develops a (18) _____ to nicotine.

This is a process in which the body needs more of a drug to get the same effect. Tobacco users also develop a (19) _____. This is a type of addiction in which the body itself feels a direct physical need for the drug. If nicotine levels drop, the body will begin to (20) _____ it.

Tobacco users also develop a (21) _____.

This is an addiction in which the mind sends the body a message that it needs more of a drug.

Some suggestions to help you quit tobacco include: (22) _____ to stop, get (23) _____ and encouragement, find out about health services, change your daily (24) _____, and follow a healthy lifestyle. When a person stops using tobacco, he or she may go through (25) _____.

Withdrawal symptoms are physical and psychological reactions that occur when someone stops using an addictive substance. Withdrawal symptoms can include headache, fatigue, hunger, (26) _____, and (27) _____.

Many people who decide to quit tobacco suffer a (28) _____, the return to the use of a drug after attempting to stop. Most people attempt to quit several times before they succeed.

Lesson 5 – Choosing To Be Tobacco Free

Word Bank - media point of sale promotions avoiding risky
 family members negative peer pressure leave S.T.O.P.

Despite all the information on the health risks related to tobacco use, many teens still try tobacco. Some teens try tobacco because of (38) _____, which is the pressure you feel to go along with harmful behaviors or beliefs of others your age. Some teens try it because they see (39) _____ using tobacco or are tempted by images in the (40) _____.

Sometimes (41) _____, advertising campaigns in which a product is promoted at a store's checkout counter can tempt a teen. Teens can stay tobacco-free by (42) _____ situations where tobacco products will be used. Teens can respond to negative peer pressure by practicing their refusal skills, such as using the (43) _____ strategy. This strategy can be an effective way to say no to avoid (44) _____ behaviors and includes the following steps: Say no in a firm voice, Tell why not, Offer other ideas, and Promptly (45) _____ the situation.