



About Nicotine & Tobacco - Level 3

Student Activity Guide

Think About It

1. Why is nicotine harmful?

Brain Quiz!

1. True or False - Nicotine is the most addictive substance.
2. What percentage of people that try nicotine become dependent?
 - a. 5%
 - b. 93%
 - c. 27%
 - d. 61%
3. All of the following are true about nicotine EXCEPT:
 - a. It is used as a pesticide to kill pests
 - b. It is the leading preventable cause of death in the US.
 - c. It has positive effects on the lungs.
 - d. It decreases the human lifespan by 10 years.

4. Nicotine has a powerful effect on the body within _____ second(s) of ingestion.
 - a. 8
 - b. 1
 - c. 40
 - d. 15
5. Nearly _____ adults who smoke daily started smoking when they were teens.
 - a. 2 out of 100
 - b. 9 out of 10
 - c. 1 out of 2
 - d. 4 out of 50

Activity #1 Independent Practice Activity:



Make a comic strip that demonstrates how nicotine effects the body in the first 8 seconds that it enters the body.

Activity #2 Group Activity:



In groups of 3-5 students, create a short skit demonstrating talking to a younger sibling who was caught vaping or using cigarettes about the dangers associated with this behavior.

Characters:

Setting:

Scenario:

Script:

Activity #3 Extended Learning Activity:



In share pairs, practice your refusal skills (saying no) if someone asks you to smoke or vape. Challenge: Think of as many ways to say 'no' as you can.
