

Name:

Date:

### Factsheet Fill-in Activity

1. Tobacco plant mass production began in the \_\_\_\_ century and is processed to create products like \_\_\_\_\_ and chew.
2. When nicotine is first used it leads to feelings of \_\_\_\_\_ but over time users begin to \_\_\_\_\_ nicotine just to feel normal.
3. Smoking tobacco in the form of cigarettes, cigars, cigarillos, and/or hookah causes the smoker to inhale toxic chemicals. Two of the most harmful elements of smoke, \_\_\_\_\_ and \_\_\_\_\_, are created by any kind of burning leaves, and can't be avoided.
4. This chemical, \_\_\_\_\_, which you get from smoking, is very addictive on its own and other chemicals in cigarettes make it even stronger.
5. \_\_\_\_\_ compounds are added to cigarettes to increase the speed at which nicotine reaches the brain. \_\_\_\_\_ are added chemicals that expand the lungs' airways, making it easier for tobacco smoke to pass into the lungs.
6. Added sugars make tobacco smoke easier to inhale and form \_\_\_\_\_, which enhances nicotine's addictive effects.
7. Hookah devices use water to cool tobacco smoke, but the water \_\_\_\_\_ remove toxins from the smoke.
8. Hookah smokers still take in the addictive drug \_\_\_\_\_ and many poisonous chemicals, which can cause certain forms of cancers, such as \_\_\_\_\_, and other negative health effects.
9. Users of smokeless tobacco take in nicotine and other toxic and cancer-causing chemicals through \_\_\_\_\_ \_\_\_\_\_ in the gums and cheeks. And all of this is delivered to the brain.
10. Smokeless tobacco still contains nicotine, which causes users to develop strong cravings and experience \_\_\_\_\_ \_\_\_\_\_ when their nicotine levels drop.



Tobacco Prevention Toolkit  
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