

Name:

Date:

### ANSWER KEY

#### Factsheet Fill-in Activity

1. Tobacco plant mass production began in the **19<sup>th</sup> century** and is processed to create products like **cigarettes** and chew.
2. When nicotine is first used it leads to feelings of **pleasure** but over time users begin to **crave** 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, **carbon monoxide** and **tar**, are created by any kind of burning leaves, and can't be avoided.
4. The chemical, **nicotine**, which you get from smoking, is very addictive on its own and other chemicals in cigarettes make it even stronger.
5. **Ammonia** compounds are added to cigarettes to increase the speed at which nicotine reaches the brain. **Bronchodilators** 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 **acetaldehyde**, which enhances nicotine's addictive effects.
7. Hookah devices use water to cool tobacco smoke, but the water **cannot** remove toxins from the smoke.
8. Hookah smokers still take in the addictive drug **nicotine** and many poisonous chemicals, which can cause certain forms of cancers, such as **leukemia**, and other negative health effects.
9. Users of smokeless tobacco take in nicotine and other toxic and cancer-causing chemicals through **blood vessels** 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 **withdrawal symptoms** when their nicotine levels drop.



Tobacco Prevention Toolkit  
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