

Name:

Date:

Tobacco Myth Activity

Instructions: After you complete your research and/or your class discussion fill out whether each statement is a myth or fact. Next, fill out the justification box explaining why a statement is correct or false.

Statement	Myth/Fact	Justification/Source
Smoking is just a choice		
1 out of 5 youth smokers show nicotine dependence symptoms within just one month after initiating smoking		
Smoking light cigarettes and cigarettes with filters make cigarettes safer		
Smoking a cigarette every now and then is no big deal		
Cigarette smokers have lower stress levels than non-smokers		



<p>Someone who stops smoking before the age of 40 reduces their risk of dying from a smoking related disease (e.g. lung cancer) by 90%</p>		
<p>Secondhand smoke may bother people, but it isn't dangerous</p>		
<p>You get less nicotine smoking cigars than cigarettes</p>		
<p>Cigar wrappers contain nicotine</p>		
<p>Thirdhand smoke poses risks to family members, children, and pets.</p>		

