

The Facts About Tobacco

How much do you know about cigarettes, e-cigarettes, and other tobacco products? To find out, see if you can tell whether the statements below are *True* or *False*.



1. Cigarette smoke is a toxic mix of over 7,000 chemicals.

True False

2. Teenagers who use tobacco products do not suffer any health effects.

True False

3. Tobacco products such as hookahs, cigars, cigarillos, and smokeless tobacco do not contain nicotine.

True False

4. Many e-cigarettes contain nicotine.

True False

5. Nicotine is not harmful.

True False

6. E-cigarettes are not tobacco products.

True False

7. Today, more than 80% of young people who ever used tobacco products started with a flavored product.

True False

8. E-cigarettes only produce harmless water vapor.

True False

Visit these web pages to see if your answers are correct:

- **U.S. Food and Drug Administration**
The Real Cost of Tobacco
therealcost.gov
- **U.S. Department of Health and Human Services**
BeTobaccoFree
betobaccofree.gov
- **The Flavor Trap**
flavortrap.org
- **U.S. Surgeon General**
Know the Risks: E-Cigarettes & Young People
e-cigarettes.surgeongeneral.gov

Next, using the web pages above as resources, create a brief public service announcement (or PSA).

A PSA is a short advertisement created to help people. Your PSA can be shared via a school announcement or shared online, and should:

- present facts about ENDS and how they can affect a person's health
- describe how tobacco companies use flavoring to make ENDS appealing
- focus on a particular audience (such as teens) and have a particular purpose (such as encouraging teens not to use ENDS)

Generously supported by
CVS Health
FOUNDATION



© 2018 Campaign for Tobacco-Free Kids.



#BeTheFirst Tobacco-Free Generation!
Take action today, visit TakingDownTobacco.org.