

Reasons to Be Tobacco Free

Directions: Write about what you've learned today about tobacco and what the benefits of being tobacco free would be for you. Be clear and specific in all of your answers. In your work:

- Identify at least 3 short-term and 2 long-term negative health effects of using tobacco.
- Discuss at least 2 negative health effects of secondhand smoke.
- Describe at least 2 benefits that being tobacco free would have for you.

► Effects of Using Tobacco:

Short term: _____

Long term: _____

► Effects of Secondhand Smoke:

► Benefits of Being Tobacco Free:

Self-Check

- I identified at least 3 specific negative short-term and 2 negative long-term consequences of using tobacco.
- I discussed at least 2 specific health effects of secondhand smoke.
- I described at least 2 benefits of being tobacco free for me.