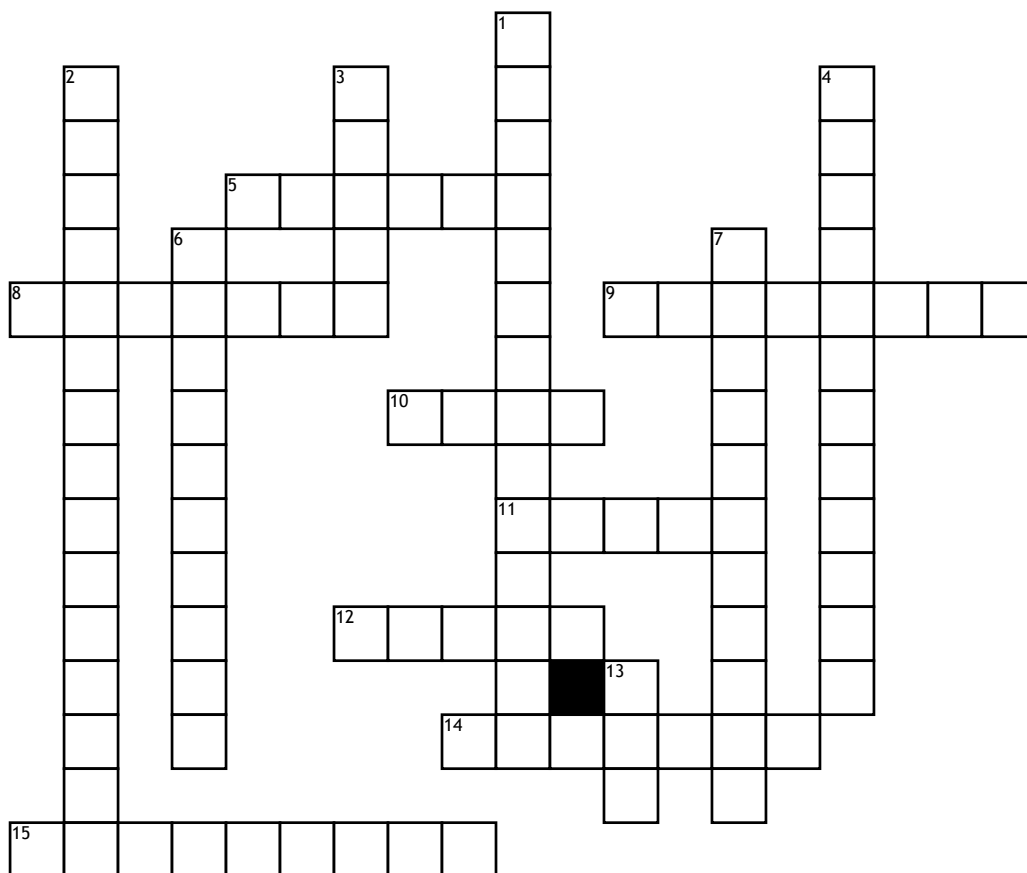


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Smoking Cessation: Session 1



## Across

5. Smoking causes 30% of all \_\_\_\_\_ deaths
8. What is a mental symptom of withdrawal?
9. What highly addictive chemical is found in the tobacco plant?
10. What types of smoking are safe?
11. If you quit smoking and drinking/drugs at the same time, you have a better chance at staying \_\_\_\_\_
12. What contains MANY of the same toxins as traditional tobacco products?

14. For more than 1/2 of the Nicotine Addiction Cycle you are not \_\_\_\_\_

15. What physical symptom occur when you don't feed the addiction

## Down

1. What is the residual nicotine and other chemicals left on indoor surfaces by tobacco smoke?
2. What is the combination of smoke from the burning end of a cigarette and the smoke breathed out by the smoker?

3. What could you be saving more of by cutting out smoking?

4. What is an effect that secondhand smoke can have on another person?

6. What happens if a smoker does not smoke a cigarette?

7. Devices that deliver nicotine without burning tobacco is what?

13. What is in common with material used for paving roads and what is in a cigarette?

## Word Bank

Cancer

Heart Disease

Secondhand Smoke

Vapor

Relaxed

E-Cigarettes

Nicotine

None

Sober

Headaches

Thirdhand Smoke

Money

Withdrawal

Tar

Anxiety