

Name: _____

Pre/Post Test

Decide whether the following statements are true or false.

1. **TRUE or FALSE:** Every year, cigarette smoking is responsible for one in five deaths in the United States. _____

2. **TRUE or FALSE:** Approximately 50 percent of smokers are able to kick their nicotine addiction. _____

3. **TRUE or FALSE:** Smoking is less addictive than cocaine or heroin. _____

4. **TRUE or FALSE:** Nicotine withdrawal is primarily a mental or psychological battle. _____

5. **TRUE or FALSE:** Your brain chemistry can be permanently altered after only one cigarette. _____

6. **TRUE or FALSE:** Teens are less likely to become addicted to cigarettes than older smokers because their brains are not fully developed. _____

7. **TRUE or FALSE:** It takes at least a month of daily smoking for nicotine addiction to set in. _____

8. **TRUE or FALSE:** Approximately 80 percent of teen smokers report feeling a sense of addiction after smoking their first pack of cigarettes. _____

9. **TRUE or FALSE:** Cravings to smoke usually occur only in the presence of a lit cigarette. _____

10. **TRUE or FALSE:** Avoiding the people, places or things associated with smoking can help someone who is trying to quit. _____

The Answer Key for this activity appears on the next page.