



Lesson Two

Tobacco & Nicotine Facts Hot Potato: Answer Key

1. **True or False:** Tobacco use is the #1 cause of preventable disease in the U.S.

Answer: True. Tobacco remains the leading cause of preventable death. Fortunately, quitting greatly reduces health risks and improves overall well-being.

2. **True or False:** Most people who use tobacco and nicotine start as adults.

Answer: False. Nearly all people who use tobacco and nicotine start before they graduate high school.

3. **How does nicotine use affect your brain during adolescence?**

- A. It does not affect the brain
- B. It can harm brain development and increase addiction risk.
- C. It improves memory
- D. It has no lasting effects

Answer: B, there are decades of research on the negative effects that nicotine can have on the adolescent brain as well as the increased risk to other addictive substances.

4. **Tobacco companies spend how much money on advertising each year:**

- A. \$1,000
- B. \$500,000
- C. \$100 Million
- D. \$9 billion nationwide

Answer: D. (about \$1M/hour)

5. **Nicotine use can increase short-term stress and anxiety because:**

- A. Nicotine calms you down.
- B. Nicotine withdrawal creates stress that users try to relieve with more nicotine.
- C. Nicotine eliminates all stressful feelings.
- D. Nicotine has no effect on stress

Answer: B, nicotine withdrawal is what tobacco companies rely on to sell their products.

6. **True or False: Most young people today who use nicotine smoke cigarettes.**

Answer: False, e-cigarettes and pouches, both of which contain nicotine, are more popular with young people than cigarettes.

7. **Which symptom can indicate nicotine addiction in teens?**

- A. Vaping despite unpleasant side effects.
- B. Feeling anxious and using pouches to feel better
- C. Hiding vaping from family or friends
- D. All of the above

Answer: D, all of the above

8. **True or False: Secondhand smoke and vape may irritate people who are sensitive; however, it is not deadly.**

Answer: False, many people have died from secondhand smoke and secondhand vape effects are not well studied.

9. **Which of the following are typically found in vape aerosol?**

- A. Formaldehyde
- B. Nicotine
- C. Heavy metals like lead or nickel
- D. All of the above

Answer: All of the above. The notion that vapes contain only water vapor is a myth.

10. **What are some places that you might see nicotine products advertised? Select all that apply.**

- A. Retail stores
- B. A website
- C. Your favorite influencer
- D. Television

Answer: All are valid selections. Tobacco companies use many different avenues to promote their products.

11. **Why do tobacco companies add flavors to their products?**

- A. To make products less attractive.
- B. To help people quit.
- C. To make products more appealing and addictive, especially to youth.
- D. To improve health

Answer: C, flavors are often used to hide the taste of tobacco which makes them more fun to use.

12. **True or False: Electronic Cigarettes have been shown to be an effective way to quit smoking.**

Answer: False. At this point, it is still unclear whether these products will help people quit, discourage smokers from quitting completely, or lead to nicotine addiction and tobacco use for new users, including kids.

SIDEKICKS

13. **True or False: Marginalized populations are never targeted by the tobacco company because they are vulnerable and have many life stresses.**

Answer: False, tobacco companies have historically targeted many marginalized populations for exactly these reasons.

14. **Which of these short-term impacts can nicotine use have on your personal money?**

- A. It is very inexpensive
- B. Costs can quickly add up, affecting money available for things you need
- C. You can make money back on your used vapes
- D. Nicotine products are usually free

Answer: B. Nicotine products require frequent, sometimes daily, purchases that can really add up, even in the short term.

15. **What has research found about teens who vape and symptoms of depression?**

- A. They are more likely to have symptoms of depression than non-vapers
- B. They never experience depression
- C. Vaping cures depression
- D. Depression rates are the same as non-vapers

Answer: A. Teens who vape report higher rates of depressive symptoms

16. **True or False: If ingested, vaping liquid (e-juice) can lead to an overdose in children or pets.**

Answer: True. Because the liquid in vape pods is flavored and tastes good, if not stored properly young children and pets can find these products and eat them. The result is an overdose; vaping liquid is very dangerous if consumed this way. The e-cigarette devices themselves can be dangerous, especially if modified or hacked to use other substances; batteries can overheat, and the devices can catch fire.

17. **Why might quitting nicotine be difficult even after just a few days?**

- A. Because it can cause feelings of increased stress, anxiety, and mood swings
- B. Because it makes you feel good
- C. Because it improves sleep quality right away
- D. Because it has no effect on your body or mind

Answer: A

18. **What are some factors that have led to youth who are part of marginalized groups having a higher rate of reported tobacco and nicotine use?**

Possible Answers: Tobacco industry targeting marginalized communities, stress, discrimination, historic community use, targeted marketing of products.

Resources

1. <https://www.cdc.gov/tobacco/php/data-statistics/youth-data-tobacco/index.html>
2. <https://www.cdc.gov/tobacco/php/data-statistics/youth-data-tobacco/index.html>
3. <https://www.cdc.gov/tobacco/php/tobacco-industry-spending/index.html>
4. <https://www.cdc.gov/tobacco/php/tobacco-industry-spending/index.html>
5. <https://truthinitiative.org/research-resources/emerging-tobacco-products/nicotine-use-and-stress>
6. <https://www.cdc.gov/tobacco/php/data-statistics/youth-data-tobacco/index.html>
7. <https://truthinitiative.org/research-resources/emerging-tobacco-products/nicotine-use-and-stress>
8. <https://www.lung.org/quit-smoking/smoking-facts/health-effects/secondhand-smoke>
9. <https://www.lung.org/quit-smoking/e-cigarettes-vaping/whats-in-an-e-cigarette>
10. <https://truthinitiative.org/research-resources/tobacco-industry-marketing/tv-ads-e-cigarettes-and-nicotine-pouches-show-youth>
<https://www.tobaccofreekids.org/what-we-do/industry-watch/tobacco-industry-social-media-marketing-tactics>
11. <https://www.cdc.gov/tobacco/e-cigarettes/youth.html>
12. <https://www.cdc.gov/tobacco/e-cigarettes/youth.html>
13. <https://www.cdc.gov/tobacco/php/data-statistics/economic-trends/index.html>
14. <https://www.cdc.gov/tobacco/php/data-statistics/economic-trends/index.html>
15. <https://truthinitiative.org/research-resources/emerging-tobacco-products/nicotine-use-and-stress>
16. <https://www.fda.gov/consumers/consumer-updates/how-properly-store-e-liquids-and-prevent-accidental-exposure-e-liquids-children>
17. <https://truthinitiative.org/research-resources/emerging-tobacco-products/nicotine-use-and-stress>
18. <https://truthinitiative.org/research-resources/targeted-communities/tobacco-social-justice-issue-racial-and-ethnic-minorities>

