

PRINT OUT BOTH SHEETS AND GLUE OR TAPE THEM BACK-TO-BACK. THEN CUT OUT EACH CARD.



How many people die each year in British Columbia from lung cancer?

- a) 50
- b) 500
- c) 1,200
- d) 3,300



What percentage of First Nations teens (age 12 to 18) in British Columbia use tobacco?

- a) 15%
- b) 25%
- c) 41%
- d) 95%



What kind of cancer can be caused by smokeless tobacco (spit or chew tobacco)?

- a) oral
- b) lung
- c) skin
- d) colon



If you invested your money instead of spending it on cigarettes, how much money would you lose if you bought a pack a day from age 16 to age 40?

- a) \$1,000
- b) \$17,000
- c) \$100,000
- d) \$170,000



Which of the following might a new smoker experience?

- a) coughing or gagging
- b) headache
- c) abdominal cramps
- d) all of the above



How did one tobacco company propose reaching its target consumer group?

- a) by giving away stuffed camels at a toy store
- b) through iTunes
- c) by advertising on ice cream trucks
- d) by making cigarettes cheaper



By what percentage does regular exposure to second-hand smoke increase the risk of lung disease?

- a) none; the smoker inhales all the smoke
- b) by 5%
- c) by 10%
- d) by 25%



Which of the following can be caused by smoking cigarettes?

- a) wrinkles
- b) lost teeth
- c) cataracts (clouding of the eye's lens)
- d) all of the above

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Answer

If you chose d) \$170,000, you are right! Just think what you could do with that much money if you didn't spend it on cigarettes!



Answer

If you chose a) oral cancer, you are right! Smokeless tobacco causes cancer that affects the tongue, lips, gums, and cheeks. Nearly a hundred people die of oral cancer in British Columbia every year.



Answer

If you chose c) 41% you are right! That means that Aboriginal youth have higher rates of tobacco use than non-Aboriginal youth in the province. Unfortunately, rates of lung cancer in First Nations people are also rising.



Answer

If you chose d) 3,300, you are right! That's more than any other type of cancer. Lung cancer is a very deadly type of cancer and tobacco use is the major cause of lung cancer. Over 85% of people with lung cancer die within 5 years of being diagnosed.



Answer

If you chose d) all of the above, you are right! Sounds attractive doesn't it? No teeth, wrinkles, and impaired vision? Smoking causes widespread damage to your body, inside and out.



Answer

If you chose d) 25% you are right! You can develop lung disease from second-hand smoke even if you never pick up a cigarette. Exposure to second-hand smoke also increases the risk of asthma and heart disease.



Answer

If you chose c) by advertising on ice cream trucks, you are right! What age audience do you think they are trying to target with this advertising? Did you know that tobacco companies spend BILLIONS of dollars each year on advertising and promotions?



Answer

If you chose d) all of the above, you are right! Smokers feel dizzy and sick when they first inhale the nicotine in tobacco. Only gradually do they build up tolerance to its effects.

