**Chapter 11 Objectives**

* **List** six types of tobacco products.
* **Identify** the drug that makes all forms of tobacco addictive.
* **Name** six dangerous chemicals found in tobacco smoke.
* **Identify** four carcinogens found in smokeless and other forms of tobacco.
* **State** the reasons why herbal cigarettes are not a healthy ch
* **State** the short-term effects of tobacco use.
* **Summarize** the long-term health risks associated with tobacco use.
* **State** the effects of secondhand smoke on a nonsmoker.
* **Describe** how smoking affects unborn children whose mothers smoke during pregnancy.
* **List** three reasons you would give a friend to encourage him or her not to smoke.
* **Discuss** the factors that contribute to tobacco use.
* **Summarize** three ways that tobacco use affects families and society.
* **List** four things a person can do to make quitting smoking easier.
* **Name** five benefits of being tobacco free.
* **List** five ways to refuse tobacco products if they’re offered to you.