After watching *This Is Your Brain on Tobacco: A Research Update* and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- describe how nicotine enters the human brain
- explain how nicotine interacts with and disturbs the brain’s chemistry and functions
- understand how this alteration of brain chemistry is directly linked to nicotine addiction
- point out which areas of the brain are affected by nicotine use
- understand which chemicals in the brain are affected by nicotine and how each chemical is related to a specific addiction reinforcement
- describe the psychological and physiological aspects of nicotine addiction
- explain the chemical and behavioral effects of tolerance and withdrawal
- understand the dire medical consequences of nicotine abuse
- research and report upon different methods of quitting