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.*
Answer Key

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

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

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

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

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

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

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

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

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

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