



What Have You Learned?

1. List as many short-term health effects of using tobacco as you can.



2. List as many long-term health effects of using tobacco as you can.

3. List as many social effects of using tobacco as you can.



4. Use the information in this lesson describe how you will refuse to use tobacco and how being a non tobacco user will improve your personal health. Use the back side of this paper for additional space.