

# NICOTINE ADDICTION AND QUITTING

Name \_\_\_\_\_



## Quitting Tobacco Use

Give at least three responses in each square.

<p>Why do people quit using tobacco?</p>	<p>How do people quit? Where can they get help?</p>
<p>What are some of the good things that happen to people who quit?</p>	<p>How can you help a friend or family member who is trying to quit?</p>

PREVENTION DIMENSIONS

**PD**