



Smoking Quiz

Circle the best answer –

1. The average age a person begins smoking is:
 - a. 9-12
 - b. 12-14
 - c. 14-16
 - d. 18-20

2. Smoking is highest in which age group
 - a. 15-20
 - b. 25-34
 - c. 35-50
 - d. 50-74

3. Cigarette smoke contains:
 - a. More than 4000 chemicals
 - b. 2000 chemicals
 - c. 1000 chemicals
 - d. About 400 chemicals

4. The addictive substance in cigarettes is:
 - a. Acetone
 - b. Arsenic
 - c. Ammonia
 - d. Nicotine

5. What percentage of smokers say they would like to quit the habit?
 - a. 33 %
 - b. 53 %
 - c. 73 %
 - d. 98 %

6. What percentage of smokers attempt to quit?
 - a. 20 per cent
 - b. 40 per cent
 - c. 60 per cent
 - d. 80 per cent

7. What percentage of smokers who try to quit are actually successful?
 - a. 20%
 - b. 50%
 - c. 78%
 - d. 100%

8. Smoking is a very expensive habit. A pack-a-day smoker will spend approximately:
 - a. \$800 a year
 - b. \$1000 a year
 - c. \$3000 a year
 - d. \$6000 a year

9. How can smoking affect you physically?
 - a. Can make you more likely to develop asthma or make symptoms worse
 - b. Can make you short of breath when exercising, dancing etc.
 - c. Can cause you to feel tired and drained of energy
 - d. All of the above

10. Teenagers become addicted more readily than adults and as easily as:
 - a. After smoking one cigarette
 - b. After smoking their first pack
 - c. After smoking 5 – 10 cigarettes
 - d. After smoking for several years

11. If you enter a room full of cigarette smoke at a party, you are
 - a. Affected by up to 800 chemicals
 - b. Breathing in toxic hazardous chemicals
 - c. Breathing in addictive chemicals in secondhand smoke
 - d. All of the above

12. How much more likely are smokers to have heart attacks than non-smokers?
- Non-smokers are just as likely to have a heart attacks as smokers
 - Smokers are less likely to have a heart attack than non-smokers
 - Smokers are twice as likely to have a heart attack
 - Smokers are three times as likely to have a heart attack
13. The death rate associated with cigarette smoking is expected to:
- Slowly decline
 - Rapidly decline
 - Remain at a constant level
 - Increase steadily
14. What percentage of cancer deaths are considered directly related to smoking?
- 10%
 - 15%
 - 33%
 - 80%
15. Which of the following statements best describes the dangers of passive smoking (secondhand smoke)?
- passive smoking has been proven to cause a wide range of illnesses for children and adults
 - there have been lots of studies about passive smoking, but it has not been proven to cause harm
 - passive smoking harms children, but not adults
 - passive smoking is only harmful to adults
16. What percentage of teens say they would prefer to date a non-smoker?
- 20%
 - 30%
 - 50%
 - 75%
17. Which of the following do smokers frequently say once they have quit?
- Food tastes better
 - They feel cold all the time
 - They feel nauseous
 - They have lost their sense of smell

18. Which of the following is not an effective way to give up smoking?
- Cold turkey - take a deep breath and stub out your last cigarette
 - Clean the house twice
 - Using nicotine patch or other medication
 - Cold Laser Therapy
19. When someone offers you a cigarette to smoke, a good answer is:
- Sure, I will have a puff... one puff won't hurt
 - Yes, but don't tell anyone I did
 - O.K. but only if you have one as well
 - None of the above
20. When a person offers you a cigarette and you have the courage to say "NO" you should feel:
- Sad that you did not have one
 - Worried that you hurt the person's feelings
 - Mad because now you won't belong to the "Cool Crowd"
 - Proud that you made the "RIGHT" decision for yourself no matter what anyone else thinks