

Name_____

HEALTH-7

Date_____

DUE:_____



SPIT TOBACCO

Journal Question: Write down 1 person in your life that you love. Under the name write:

I. How you would feel to see them with cancerous sores, lesions or deformities of mouth

II. How their lives would change after experiencing these effects of Spit Tobacco

1.

I -

II -

1. The 2 main types of tobacco products are _____ and _____. Smoke tobacco includes _____, _____, and pipes. Spit tobacco includes _____ tobacco products.

Smoke Tobacco Products Produce SMOKE

Spit Tobacco Products Produce SPIT

2. Spit tobacco used to be called _____tobacco.

3. List 2 resources you can go to if you have questions about spit tobacco:

4. _____are brown and yellow in color when they leave your mouth. How would you feel if someone was spitting these juices all over your room?

5. _____ is commonly called “Dip” Some popular Snuff terms: Pinch, Tin, Dip, Lip

6. Snuff is: - _____ ground tobacco

- sold in _____ or _____

- packed _____ in _____ lips and gums

7. Tiny little _____ shards cut the lining of the gums and allow for nicotine to enter the blood stream.

8. Chaw is : - _____ tobacco or chewing tobacco

- Not actually _____ at all but placed between the gum and _____

- comes in a _____

9. Common ingredients in Spit Tobacco products:
- | | |
|------------------------------|-----------------|
| - Nicotine (addictive agent) | - Fiberglass |
| - Nitrogen used in bomb | - tar |
| - Nuclear Chemicals | -28 carcinogens |
10. Short term effects are cavities, bad _____, stained teeth, _____ gums, hypertension, slowed _____ time and loss of memory. Write down how you would feel if you went on a date with someone who showed these symptoms?
11. Sean Marsee started using Spit Tobacco at the age of _____. He died from its use at age _____.
12. All of the long term effects that excessive use can lead up to are cancer, _____, leukoplakia, _____ decay, and DEATH.
13. How would you feel if someone you loved died from using a product they could have prevented themselves from using?
14. _____ alternatives are other activities we can engage in besides Spit Tobacco. They include:
- | | | |
|---------------|---------|-------------|
| - _____ Seeds | - _____ | -Beef _____ |
|---------------|---------|-------------|

Ways we can help Kick the habit:

- set realistic goals to follow day in and day out
- seek out family and friends for help
- Talk to doctors and medical professionals
- Be physically active

15. Spit Tobacco in no form helps _____ players perform better.
16. Name your anti-drug:
17. Write one thing you learned about spit tobacco today:
18. Write one reason you will not use spit tobacco products: