Name	Class	Date

Note Taking Guide

Saying No to Tobacco (pp. 417–420)

Avoiding Tobacco Use

1. What is one example of how you can say no to a cigarette or other tobacco product offered to you?

Benefits of Quitting

2. Complete the graphic organizer with details about the benefits of quitting tobacco.

Cardiovascular Benefits

a. blood pressure decreases

Respiratory Benefits

Benefits of Quitting Smoking

Psychological Benefits

Benefits to Society

Name _	Cla	.SS	Date		
Tips fo	or Quitting				
	What are some things that a person can do to help cope with withdrawal symptoms when quitting smoking?				
a					
b					
c					
f					
g					