

Section 16-4 **Note Taking Guide**

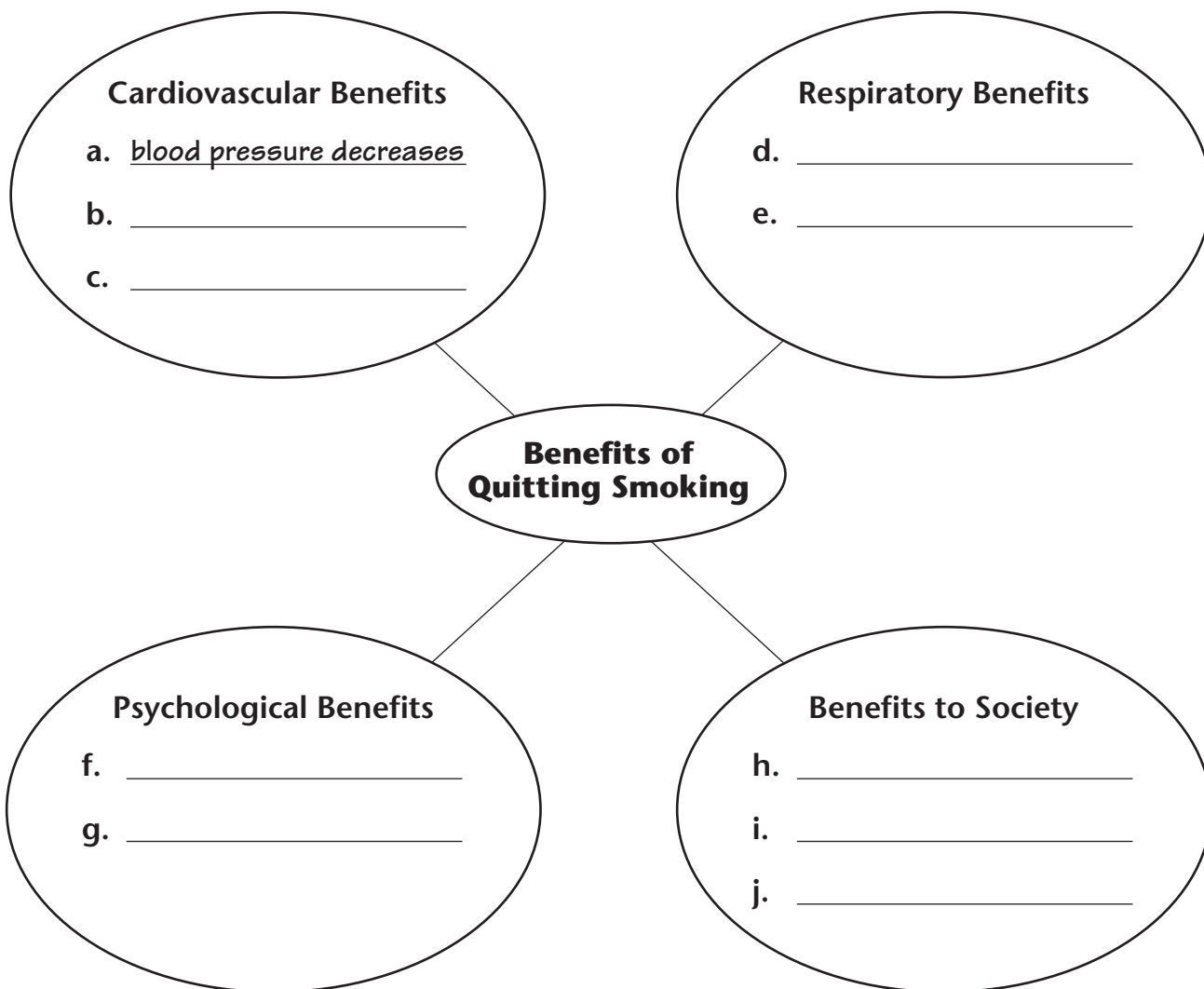
Saying No to Tobacco (pp. 417–420)

Avoiding Tobacco Use

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

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



Tips for Quitting

3. What are some things that a person can do to help cope with withdrawal symptoms when quitting smoking?

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____