



Tobacco Reduction - Questions from Assigned Readings

After completing the assigned readings, students doing the webquest should answer these questions together. Make certain that you answer the questions in your own words.

1.	What are the short-term rewards for a person who quits or tries to quit smoking? Which of these rewards do you think are most important?
2.	Why is it important that a person trying to quit (or to help someone to quit) considers the need for social support (friends, family, now non-smoking social activities) as part of their plan to quit?
3.	Why is it so difficult to quit smoking? What are the social barriers? Why is nicotine so addictive?
4.	Describe the different methods and strategies for quitting. What seems to be the best strategy for you or your friend?
5.	How effective are nicotine replacements? Are they effective alone? Do they work for young people?
6.	What can friends do to help a person to quit smoking?
7.	What can a doctor do to help a person to quit smoking?
8.	What can parents do to help a young person to quit smoking?
9.	What can a community do to help people to quit smoking?
10.	What can a school do to help its students to quit smoking?