



Independence Youth Court

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Youth Court Tobacco and Vape Service Project

The project is two parts:

1. **Research the harmful effects of nicotine on the body and brain and then write a two to four page paper (2 to 4 pages) to submit to the Youth Court office.**
2. **Take the 35-question exam and submit the answers to the Youth Court office. You may research the answers.**

*****The exam and the paper must be turned in to the Youth Court office and will be scored for credit hours by the Youth Court Staff and Judge Watkins. Just like at school, the better job you do on your work, the higher your score for Youth Court credit hours will be.**

Q1. Secondhand smoke harms who?

- Everyone around a smoker
- Only non-smokers
- Only smokers
- No one

Q2. Arsenic is a substance found in cigarettes that is also found in:

- rat poison
- cleaning products
- nail polish remover
- ink

Q3. Many chemicals in cigarettes are considered carcinogenic because they cause what?

- Emphysema
- Cancer
- Heart disease
- Liver Failure

Q4. What is tar?

- A plant used to make cigarettes
- A toxic metal found in rechargeable batteries
- A chemical released by the body in exciting situations
- A sticky substance formed by cigarette smoke

Q5. Smoking interferes with the lungs' ability to provide what to the rest of the body?

- Oxygen
- Ammonia
- Water
- Carbon dioxide

Q6. What is the relationship between nicotine and adrenaline?

- Nicotine removes adrenaline
- Nicotine is a substitute for adrenaline
- Nicotine triggers the release of adrenaline
- Nicotine reduces the effect of adrenaline

Q7. Nicotine puts the most stress on which organ?

- Lungs
- Heart
- Liver
- Eyes

Q8. A smoker with a high tolerance to nicotine is most likely:

- Not addicted
- An occasional smoker
- Experiencing withdrawal
- Unable to quit without support

Q9. Cigarettes and e-cigarettes both contain:

- answer choices
- Nicotine
- Tobacco
- Formaldehyde
- Tar

Q10. Unlike cigarettes, chewing tobacco:

- Is not inhaled
- Does not cause cancer
- Is not addictive
- Is easy to quit

Q11. After quitting smoking, when does a person's body start to heal?

- Within a few days
- Within six months
- Within several weeks
- Immediately

Q12. This type of smoke comes from the smoke that smokers exhale and the smoke floating from the end of the cigarette:

- first hand smoke
- second hand smoke
- third hand smoke

Q13. It is impossible to quit smoking.

- True
- False

Q14. When do people usually start smoking?

- when they are young adults (around ages 20-29)
- when they are older teens (around ages 17-19)
- when they are young teens (around ages 13-15)

Q15. Why do people usually start smoking?

- to be accepted by their friends
- to be different from their friends
- to make their parents angry

Q16. Why is it difficult to quit smoking?

- Nicotine in cigarettes is highly addictive
- People keep offering smokers cigarettes
- Smoking gives smokers so much pleasure

Q17. People who smoke a pack of cigarettes a day spend over ____ per year.

- \$100
- \$500
- \$1000
- \$2000

Q18. Vaping and Hookah is much safer than cigarettes because they don't have any harmful chemicals like nicotine in it and they smell good.

- True
- False

Q19. Adolescents brains are more vulnerable than an adult therefore they are more likely to become addicted to drugs.

- True
- False

Q20. Which of the following is a common myth about vaping?

- It's water proof
- Vapors only inhale water vapor
- It's cheaper than cigarettes
- There is nothing

Q21. Along with Aerosol, what else are vapors inhaling?

- Air
- Heavy metals (Nickel, Cadmium, Lead)
- Fragrance
- Hot Air

Q22. Choose the statement that is true about JUUL

- One pod contains more nicotine than an entire pack of cigarettes
- All JUUL flavors have Diacetyl
- JUUL tests all of their vape/E-juices
- One Pod contains more Nickel than an entire American Nickel coin

Q23. E-cigarette vapor is...

- Harmless water vapor
- Toxic and contains dangerous chemicals

Q24. Which word means "causing a strong and harmful need to do something again and again".

- addictive
- nicotine
- inhale
- restless
- predict

Q25. True or False: Vaping can act as a gateway to smoking regular cigarettes.

- True
- False

Q26. An E-Cig is _____

- A safe way to smoke.
- a safer cigarette with only water vapor.
- a device that vaporizes nicotine and flavors that cause cancer
- an environmentally safe way to smoke

Q27. Some ecigs are designed to look like a _____ to make them look harmless to parents.

- A flash drive
- A cigarette
- An iPhone
- A remote control

Q28. True or false: VUSE & blu e-cigarette companies are owned by major tobacco corporations.

- True
- False

Q29. Currently... who knows ALL of the true risks that come with E-Cigs?

- Scientists
- Tobacco Companies
- Researchers
- No one

Q30. True or False: More teen athletes use chewing tobacco than non-athletes.

- True
- False

Q31. Cigarettes contain about 4 times more nicotine than a serving of smokeless tobacco.

- True
- False

Q32. Electronic cigarettes contain less nicotine than regular cigarettes.

- True
- False

Q33. If you light an electronic cigarette with a match, it might explode.

- True
- False

Q4. The liquid that fills an e-cigarette cartridge is made of the same chemical used in machines that create "fog" for stage shows.

- True
- False

Q35. Electronic cigarettes have been shown to be as effective as the nicotine patch or nicotine gum in helping people quit smoking.

- True
- False