

Chew on This

Directions: As the article “Spitting Image” (page 26) shows, tobacco use often appeals to teens who have a shaky self-image or feel intimidated by peer pressure. But it’s not the only outlet people turn to in hopes of feeling accepted. And you’re not helpless against it.

Part 1: The Bigger Picture

Read the article. Then use it, along with your experiences and ideas, to answer the questions below.

1. Which behaviors or activities make teens feel older and cooler? Name three.

2. What pitfalls do teens experience when they try to appear older or to fit in? Name three.

3. What healthy and positive behaviors are also cool? Name three.

Part 2: Your Turn

Write a short paragraph on how the article affected your thoughts about smokeless tobacco. Would you consider using it? If you currently use it, does the article make you want to quit? What would you tell someone who is thinking about using smokeless tobacco?
