Facts on Tobacco

Did you know tobacco can make a mess of your mouth?

Tobacco can:
- stain your teeth
- give you bad breath
- cause gum disease
- cause cavities
- leave you toothless
- cause tartar to build up
- give you cancer of the tongue, lip or cheek
- ruin your smile
- make you cough... a lot
- give you a black hairy tongue
- make it hard to taste your food
- make your mouth taste like you have just licked an ashtray.

Tobacco changes everything:

T - TEETH, TONGUE AND THROAT
O - ORGANS LIKE YOUR KIDNEYS, HEART AND LUNGS
B - BRAIN FUNCTION
A - ARTERIES GET CLOGGED
C - CRINKLY, WRINKLY SKIN
C - COINS DISAPPEAR FROM YOUR WALLET
O - ODOURS—OH PHEW!

Spit tobacco is one type of tobacco. It is dangerous to your health and to your social life. Answer these questions by filling in the blanks.

1. What spit tobacco comes in: __a__
2. The plant it comes from: __i___t__n___ T__a__m (hint: keep reading)
3. A disease you can get from using this: __n__r
4. What you should do if you are using the stuff: __u__
5. What you do to get rid of the tobacco juice: __p__
6. The 32 white things in your mouth that aren’t so white anymore: __e__
7. The part of your body you will usually see harmed first: __u__
8. A pre-cancer sore in your mouth: __e u__p l_k i a
9. When your body wants more, or you can’t stop something easily: __d d__
10. The ingredient in tobacco that makes you addicted: __c__

Because of the added sugar, your teeth will start to do this:

11. __c__
12. The pink tissue surrounding your teeth is damaged: __m__
13. It’s not cool to use spit tobacco, it’s: __r__
The part of your mouth that helps you taste your food:
14. __g__
15. What you should say if someone asks you to try spit tobacco: __o
**WARNING: Tobacco is a harmful drug**

The nicotine in tobacco makes it addictive. This means that once you start using tobacco, you will have a really hard time quitting!

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**Did you know?**

- The plant tobacco comes from is called *Nicotinia Tabacum* and it's a close relative of the petunia.
- Each cigarette you smoke takes 5 to 8 minutes off your life.
- When people spit out tobacco juice, they are also spitting out germs. After the spit dries, just a puff of wind makes those germs airborne. Who do you think breathes in these germs?
- People are starving all over the world. If the land to grow tobacco was used to grow food instead, we could feed another **10 to 20 million** people! What do you think is the better thing to grow?
- It takes more than 5 years for a cigarette butt to biodegrade.
- Tobacco contains many chemicals that cause many problems, even diseases like cancer.

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**What's in a cigarette?**

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**Spit Tobacco Quiz Answers (from page 1)**

1. Can   6. Teeth
2. *Nicotinia Tobacum*   7. Mouth
3. Cancer   8. Leukoplakia (that was a tough one!)
5. Spit   10. Nicotine
11. Decay
12. Gums
13. Grass
14. Tongue
15. No

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