

Name: _____

Comprehension Check

Part 1

Directions: Choose the sentence that best describes the main idea of each article.

1. "A Do or Die Decision" (page 9)
 - a. Teens start using tobacco because they see tobacco use in the movies.
 - b. If you use tobacco you might die, so it's better not to use it.
 - c. Teens must deal with a lot of factors pressuring them to smoke, but you can make your decision to be smoke-free stick.
2. "Tobacco Hurts You Now" (page 12)
 - a. Smokeless tobacco is not a safe alternative to smoking.
 - b. The effects of tobacco on the body are reversible.
 - c. Tobacco's effects on the body don't just happen after years of smoking.
3. "One Cigarette Too Many" (page 16)
 - a. Doctors used to think people needed to smoke every day to become addicted.
 - b. The body reacts quickly to nicotine's addictive effects—especially teens' bodies.
 - c. Teen smokers are at increased risk for mental illness.
4. "When a Loved One Smokes" (page 19)
 - a. There are approaches you can try to help a loved one who smokes.
 - b. It can be hard for a person to quit smoking.
 - c. Web sites and hotlines can help people quit smoking.
5. "It Stinks to Smoke" (page 22)
 - a. Teen groups share their antismoking message with younger kids.
 - b. Teen groups across the country work to spread the word about tobacco.
 - c. Kick Butts Day is one of the ways kids and teens fight tobacco.

Part 2

Directions: Choose one of the articles you read in this issue of *Current Health*. Then answer the questions below.

I chose the article: _____

1. What was one surprising new fact you learned from reading this article?

2. How can you use this information in your own life?
