

TOBACCO GENERAL KNOWLEDGE QUIZ



Please put a tick in either the Fact or Myth column

Fact

Myth

		Fact	Myth
1)	It's easy to stop smoking.		
2)	You're not really 'a smoker' if all you're doing is smoking the odd, occasional cigarette.		
3)	Smoking is not really dangerous; it only harms people who smoke a lot.		
4)	Smoking makes people worse at sports.		
5)	If a women smokes when she is pregnant, it can harm her unborn baby.		
6)	Hand-rolled cigarettes, sometimes called 'rollies', are safer and less harmful than manufactured cigarettes.		
7)	Smoking helps people relax if they feel nervous.		
8)	There are a lot more young smokers in Scotland nowadays than there were 30 years ago.		
9)	You're not really 'a smoker' if all you're doing is smoking cannabis joints.		
10)	Opening a window in your home or car is NOT enough to protect non-smokers from second-hand smoke.		