LET'S FACE IT DISCUSSION GUIDE – ANSWERS

SMOKIN HOT

1. That the perception smoking will make you look 'cool' or 'mature' is just not the case.
2. They don't quit because they are addicted.
3. Rationalization, denial, making excuses… all are defense mechanisms.
4. Nicotine
5. Because by the time someone reaches 21 they have usually matured enough to know better.

DEATH'S DOOR

1. To look 'mature'
   To be 'cool'
   To control weight
   To rebel
2. There are no 'good' or justifiable reasons to start smoking.
3. Smokers would be your best customers because their chances of dying prematurely are much greater than non-smokers.
4. Alcoholics, drug users, speeders, gang members.
5. What are some of the prices people pay to smoke?
   - Bad breath
   - Heart and lung damage
   - Yellow teeth
   - Wrinkled skin
   - Disease
   - Premature death
6. What are some of the disease smoking causes or contributes to?
   - Cancer (includes cancer of the lung, cervix, kidney, pancreas, stomach, leukemia, trachea, oral cavity, nasal cavity)
   - Periodontis (gum disease)
   - COPD (Chronic Obstructive Pulmonary Disease)
   - Emphysema
   - Aortic aneurysm
   - Cataracts
   - Pneumonia

PUFFS OF SMOKE

1. The significance of the various puffs of smoke are to show the different things that tobacco will do to your body.

2. Causes bad breath, skin to wrinkle prematurely, makes teeth yellow...

3. 109 toxins

4. A 'toxin' is to a poison. To be 'toxic' is to be poisonous.

OPPORTUNITIES LOST

1. Obviously not. When someone dies prematurely, i.e., unnecessarily early due to tobacco-related causes, it hurts everyone that loves that person. There's also the issue of second-hand smoke. Second-hand smoke kills 50,000 people annually in the U.S. Smokers are also responsible for such things as forest fires and home fires. In addition, due to a major impact on healthcare issues and the number of uninsured smokers, everyone's health insurance costs are higher because of smokers.

2. Smoking and athletics don't mix well because smoking has a negative impact on lung functioning, a vital component to optimum physical ability or performance. Smokers get winded easily and this means their lung capacity is lessened, their performance potential, diminished.

3. Employers increasingly are deciding not to hire smokers because:
   - They take smoke breaks often which lessens their work output
   - They drive up health and life insurance rates
   - They smell bad

4. $54,000 could be a significant down payment on buying a house... over