



Let's Talk About Commercial Tobacco Use

Think about your experiences, peers, and environments related to commercial tobacco use and respond to the questions below. There is no right or wrong way to respond but there is an empty box after every question for you to write your response.

YOUR EXPERIENCES	RESPONSES
Have you ever felt the need to smoke and/or vape?	
Would you say you have wanted to smoke and/or vape in the past but didn't act on it?	
If you smoke cigarettes, would you say it is under a pack a day?	
Have you ever tried chewing tobacco?	
Do you view smoking and/or vaping as a way to cope with stress and/or anxiety?	
When you look ahead 3 years, do you see yourself as a "smoker," "vaper" or a "non-smoker" and "non-vaper"?	
YOUR PEERS	RESPONSES
Do others around you smoke and/or vape?	
Do you feel that you need to smoke and/or vape to belong within a peer group at school?	
Do you feel others won't like you if you choose not to vape and/or smoke?	
YOUR ENVIRONMENTS	RESPONSES
Are cigarettes and/or vaping products accessible to you at home?	
If someone showed you how you could stop smoking and/or vaping, would you be open to stopping?	
If smoking and/or vaping became more expensive, would you stop?	
Would you say you generally feel more stress at school or at home?	
How could your school help you become healthier or help you to quit smoking or vaping?	