

Adult Interview

Ever wonder what it was like to be a young person in your parent's day and age—back in the "old days" before smart phones and the Internet? Do you think your parents had to make tough decisions about whether to use tobacco? Now is your chance to find out.

Your assignment is to ask a parent (or grandparent, aunt, uncle, or some other adult you know) the questions listed below. Explain that you need the information for a special assignment at school.

Write the answers on this sheet. Be prepared to share the information with your class in the next CATCH My Breath session.

Name and relationship of the person you're interviewing:

1. Have you ever tried tobacco—even a puff? Yes No (If No: skip down and only ask questions 5 through 7.)

2. How old were you when you first tried tobacco? _____

3. What influenced you to try tobacco? Did you become a regular user of tobacco?

4. Have you ever tried to quit using tobacco? Yes No Were (are) you addicted to the **nicotine** in tobacco? What did (does) it feel like when you quit and didn't (don't) get the **nicotine**?

5. Have you heard about E-cigarettes? They're small devices that heat a liquid and vaporize nicotine into smoke. The smoke looks like a rain cloud, but it's not water. Its **nicotine** and other harmful chemicals. While it's true that E-cigarettes are safer than tobacco and might help people quit, there's a lot of concern that kids my age might start using them and get addicted to **nicotine**.

TO THE STUDENT: If you have a computer, tablet, or phone, show the person you're interviewing the 4-minute YouTube video about E-cigarettes that you saw in class: <http://bit.ly/1Ukh9Cs>. Also look at <https://www.pinterest.com/stevenkelder/catch-my-breath/>

6. What pressures do you think people my age might feel to make them experiment with smoking an E-cigarette? Peer pressure? Pressures from advertising? Pressures from role models?

7. What advice would you give to someone my age who is thinking about trying an E-cigarette or tobacco?
