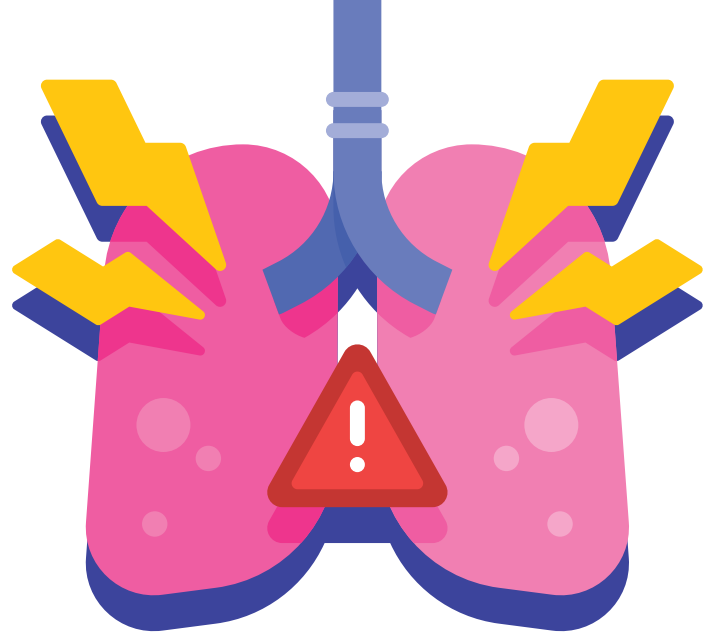




American Heart Association.  
**KIDS HEART CHALLENGE** | **AMERICAN HEART CHALLENGE**

# FACT CHECK FRENZY



Instructions: Read each statement and determine if it is true or false. Circle "True" or "False" as the answer for each statement.

- 1. True or False:** Staying tobacco-free or quitting smoking and vaping requires no effort.
- 2. True or False:** Rewarding yourself when you reach milestones can help you stay motivated in staying tobacco-free or quitting smoking and vaping.
- 3. True or False:** If you experience a setback, blaming yourself is important in staying tobacco-free or quitting smoking and vaping.
- 4. True or False:** Smoking or tobacco use, including e-cigarettes, is good for your heart and blood vessels.
- 5. True or False:** Smoking is linked to 20% of deaths from coronary heart disease and 90% of lung cancers.
- 6. True or False:** Smoking has no impact on your health and organs.
- 7. True or False:** Most smokers start young. Nearly 90% first try a tobacco product by age 18.
- 8. True or False:** If someone has not started using tobacco by age 26, they are likely to start later in life.



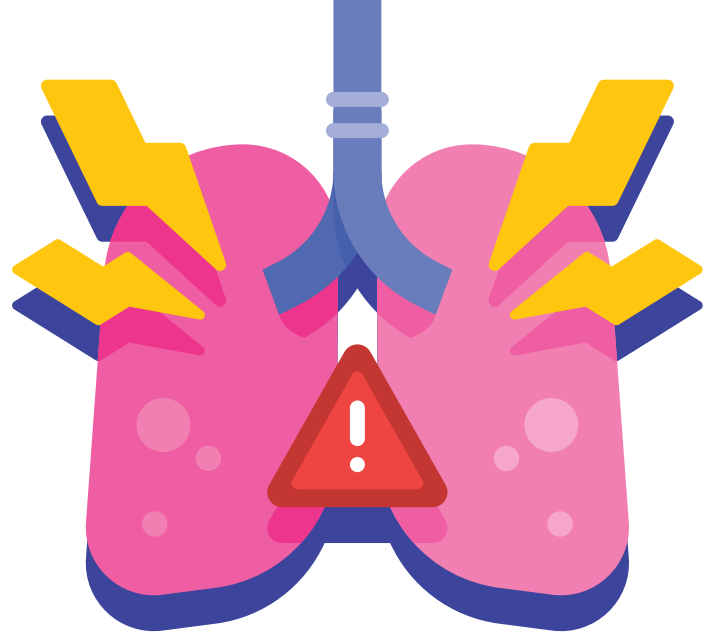
American Heart Association.  
**Life's Essential 8™**

→ **for kids**



American Heart Association.  
**KIDS HEART CHALLENGE** | **AMERICAN HEART CHALLENGE**

# FACT CHECK FRENZY



## Answer Key

- 1. FALSE.** Staying tobacco-free or quitting smoking and vaping requires no effort.
- 2. TRUE.** Rewarding yourself when you reach milestones can help you stay motivated in staying tobacco-free or quitting smoking and vaping.
- 3. FALSE.** If you experience a setback, blaming yourself is important in staying tobacco-free or quitting smoking and vaping.
- 4. FALSE.** Smoking or tobacco use, including e-cigarettes, is good for your heart and blood vessels.
- 5. TRUE.** Smoking is linked to 20% of deaths from coronary heart disease and 90% of lung cancers.
- 6. FALSE.** Smoking has no impact on your health and organs.
- 7. TRUE.** Most smokers start young. Nearly 90% first try a tobacco product by age 18.
- 8. FALSE.** If someone has not started using tobacco by age 26, they are likely start later in life.



American Heart Association®  
Life's Essential 8™

→ for kids