SASTA OLIPHANT

SCIENCE AWARDS

Prize Winner

Programming, Apps & Robotics

Year 5-6

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SMOKING KILLS
PREVENTING SMOKING ADDICTION FOR A SMOKE-FREE GENERATION

***Smoking** is an act of inhaling and exhaling the smoke by burning tobacco (dried leaves of tobacco plant) or other substances. The smoke is usually inhaled into the lungs through a cigarette, cigar, pipe, or other tobacco products and releases toxic chemicals which are then absorbed in the blood and distributed to different body parts. This is highly addictive and has harmful effect on the public health.*

Introduction

Tobacco smoking is harmful and injurious to health but a preventable action. By researching smoking addiction and its effects I am raising awareness about the risks of smoking and contributing towards a smoke-free society. Smoking has a bad impact on public health, causing a wide range of diseases and premature death. My research helps in preventing smoking-related premature deaths and promotes healthier lifestyles.

Aim of my entry

The aim of my entry is to improve public health by preventing smoking-related premature death and motivating people to quit smoking so that people can breathe in smoke-free air. This especially helps teenagers and young people to understand that it is better not to start smoking in the first place to stay healthy. It will save money by reducing the burden of smoking-related diseases.

Scientific purpose of my entry

The scientific purpose of my entry is to provide an understanding that smoking is addictive primarily due to the presence of Nicotine. More the cigarettes you smoke, the higher the nicotine level in your body which decreases the life span and increases the chances of smoking-related diseases.

Smoking also releases various other toxic chemicals that enter the human body through inhalation and are absorbed into the bloodstream. Then, blood vessels and veins carry those toxic chemicals to different parts of the human body. Chemicals in cigarette smoke cause the blood to thicken and form clots inside veins and arteries. As a result, the amount of oxygen and nutrients your cells receive decreases. This will lead to many serious diseases or premature death.

If someone decides to quit smoking, it is hard to quit at the start as he might get anxious or upset due to addiction withdrawal symptoms. With strong determination and correct support, anyone can quit smoking. Believe me, quitting smoking has a positive effect on your health!

I have explained them in different tabs in my program.

Why the topic smoking?

Now, the question is from where did this idea come into my mind?

The idea struck my mind from an incident. One day, I was going in a car with my dad to the Rundle Mall and saw a teenager smoking on the street. Why is he smoking, is he allowed to smoke, isn't it illegal for people to smoke under the age of 18, isn't it bad for his health…..millions of questions gathered in my mind. When I reached home, I grabbed my laptop and started researching why people smoke. The information and the details I found were quite surprising for me to know.

Do you know…?

Tobacco smoking is one of the largest preventable causes of death and disease in Australia. There is significant impact of smoking on the Australian population's health. Smoking rates in Australia have been declining over the years, but it still remains a significant public health issue.

The fact that one in ten adults were current daily smokers in 2021-22 (10.7%) demonstrates that smoking is still prevalent. Smoking is estimated to kill almost 20,500 Australians a year (13% of all deaths) and was responsible for 8.6% of the total burden of disease in Australia in 2018. It is linked to a higher risk of various health conditions, including heart disease, diabetes, stroke, cancer, kidney disease, eye disease and respiratory conditions such as asthma, emphysema, and bronchitis.

Source: Australian Bureau of Statistics

These facts made me more curious to understand why people smoke and what is the science behind it.

Potential Application

My program is useful for everyone and is not restricted to smokers only as smoking is a preventable behaviour.

- People smoke for several reasons including peer pressure, to feel experience, stress, anxiety without taking into consideration the impact on their as well as on other's health. My program will create awareness among the public that how a single puff of smoking can be addictive.
- By providing an understanding of smoking addiction, harmful chemicals and its effects on public health, money spent on smoking, and the benefits of quitting smoking, I will motivate the public including teenagers not to start smoking in the first place or smokers to quit smoking.
- It will provide an understanding to the public that by smoking cigarettes how much nicotine is inhaled, and the amount of money spent by them. Alternatively, they can use this money for going on a holiday trip, nice dinner at a restaurant, can watch movies with their families or friends and so on.
- It shows that life is shortened even if you smoke 1 cigarette. This will encourage people to take better decisions for their well-being by quitting smoking.

My program will prevent future generations from becoming addicted to smoking.

System you need

You need a device with internet access. A device can be a computer, tablet or mobile phone. It is very easy to access from anywhere if you have an internet connection on your device.

For a better view, it is recommended to set your browser view to 75%.
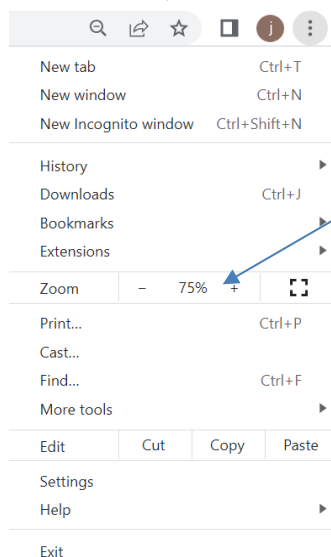
How to access

1. Turn on the device and connect it to the internet.
2. After connecting to the internet, click on the below url or you can copy and paste the link to the web browser.
   https://aryandhawan2012.github.io/Smoking-Kill/
3. Press enter key to start the program and it will take you to the "Home" tab - Starting of my project.
4. There are seven different tabs, you just need to click on the tab to see further details. You can scroll right and down to see more details depending on the size of the screen of your device.
    a) Home - you can see the purpose, objective of my project and some interesting facts including disclaimer by scrolling down the screen.
    b) Smoking – click on the next tab "Smoking" which will provide information about what smoking is including secondhand and thirdhand smoke. In the video, I have explained how as a smoker you're risking the lives of other people.
    c) Addiction – click on the next tab "Addiction" which will explain how addictive smoking is due to the presence of nicotine and how it works. You can see the addiction cycle chart – Why Quitting is Hard. In the video, you can watch the various reasons for starting smoking and how nicotine makes it difficult for a person to quit so it is better not to start smoking in the first place.
    d) Harmful Chemicals & its effects – click on the next tab "Harmful Chemicals and its effects". Some of the harmful chemicals and their effects are explained in the text and how poisonous they are in the video. Especially if you look at the lungs of smokers and non-smokers at the start of the video. The picture above the video is included to show examples of where these chemicals are used in real life.
    e) SmokeQuit Calculator and Benefits - Click on the next tab SmokeQuit Calculator and Benefits. This is the calculator where you will enter the number of cigarettes you smoke per day and how many years you have smoked for. This will calculate the details of nicotine inhalation, your life expectancy decreased due to smoking and the amount of money you have spent so far that you could have spent otherwise on useful things. I have included some support information for seekers who want to quit. On the right-hand side, you can see the benefits of quitting smoking.

    f) More Information - click on the next tab "More Information" where you can visit the various links by clicking on them for further details.
       And yes, don't miss to fill out the Google form to provide feedback or you can directly email me at infosmokingkills2023@gmail.com
    g) Quiz - At the end, there is a quiz consisting of six questions to test your knowledge, select the option and check your result. Click on the next button to go to the next question.

YouTube link

Below is the YouTube link of my project where you can access video recording of my project that shows how to navigate across different tabs of my project.
https://youtu.be/9wTSrPkZQss

Details of my project

Home

This will provide you an overview of my project that includes the purpose, objective and some interesting facts including a disclaimer. This is how it looks when you click.

Text included in the Home tab

Purpose - Raising awareness about tobacco smoking addiction and the harmful effects of smoking on an individual and society due to the release of toxic chemicals from tobacco smoke. It is a preventable behaviour and quitting is possible.

Objective - To improve public health by preventing smoking-related premature death, motivate people to quit smoking or not to start smoking in the first place, and contribute towards a smoke-free society.

Tobacco smoking is one of the largest preventable causes of death and diseases in Australia. Smoking rates in Australia have been declining over the years, but it still remains a significant public health issue.

Do you know

· One in ten adults were current daily smokers in 2021-22 (10.1%) shows that smoking is still prevalent.

· It is estimated that nearly 3200 kids and teens start smoking their first cigarette every day.

· The total cost of smoking in Australia on society is estimated to be around AUD 137 billion.

· Research shows that watching 5 minutes can help people to quit smoking if they are trying to quit but in a dilemma.

· If a person quits smoking today his body will start to recover within 20 minutes and in 15 years his body will be as good as a non-smoker.

Disclaimer - This project is created for educational purposes only. The information provided is based on the research and data collected from various websites. Effects of smoking and benefits of quitting smoking may vary depending on individual circumstances and their smoking behaviour. Timelines or outcomes mentioned are general observations. For SmokeQuit Calculator, the average amount of nicotine inhaled, and average cost of cigarette is considered. The results may vary depending on the brand, price or filter size of a cigarette.

Smoking

This will provide information about what is smoking including secondhand and thirdhand smoke. In the video, I have explained how as a smoker you're risking the lives of other people. This is how it looks when you click.

Text included in the Smoking tab

- Smoking - **Smoking** is an act of inhaling and exhaling the smoke by burning tobacco or other substances.
The smoke is usually inhaled into the lungs through a cigarette, cigar, pipe or other tobacco products and releases various toxic chemicals which are then absorbed in the blood and distributed to different body parts.
This is highly addictive and has harmful effect on the public health.

- Secondhand Smoke - When a person unintentionally breathes in the smoke that is emitted from the end of a lit cigarette or other tobacco products being smoked by others.
Breathing in secondhand smoke can be harmful to individuals who are exposed to it, even if they are not actively smoking themselves.

- Thirdhand Smoke - The residual chemicals and toxins from tobacco smoke remains on surfaces, furniture, clothing, and other materials for a long period even after smoking has stopped.
These can stick to surfaces that can react with indoor air pollutants and release toxic compounds over time and pose health risks. It is harmful especially to infants and young children who generally play on the floor and touch every object.

Link to the video

https://youtu.be/HcHVQtamcSg

Addiction

This will provide information that how do you get addicted to smoking even after a single puff of the cigarette. This will explain how addictive smoking is due to the presence of nicotine and how it works in your body. Why Quitting is Hard- nicotine addiction cycle chart shows why do people smoke again and again. In the video, you can watch the various reasons for starting smoking, some signs that show you are addicted to nicotine and how nicotine makes it difficult for you to quit so it is better not to start smoking in the first place. This is how it looks when you click.

Created By Aryan Dhawan

Text included in the Addiction tab

Smoking is highly addictive primarily due to the presence of Nicotine, a chemical found in the leaves of a tobacco plant.
When a person takes the first puff, within a few seconds nicotine makes your brain release a feel good chemical called Dopamine that:
• makes you feel happy
• helps you to concentrate
• gives you more energy

How It Works
Within a few seconds of inhalation of the smoke, nicotine enters the lungs and absorbs quickly into the bloodstream. Once absorbed, it reaches the brain quickly and is also distributed to various organs and tissues, including the heart, liver, and kidneys. When nicotine reaches the brain, it activates structures normally present in the brain called receptors. When these receptors are activated, they release a brain chemical called dopamine, which makes a person feel good. Dopamine release from nicotine is temporary and the pleasurable effects are short-lived. Once its level declines in the body, a person craves for another cigarette to get more dopamine to feel good.
As the nicotine levels in your body fade, people need to use more and more tobacco to get that same good feeling.
Once they are dependent on nicotine, without it they will have withdrawal symptoms. They may find it difficult to concentrate or feel nervous, restless, irritable, or anxious.
These two things — nicotine dependence and nicotine withdrawal — make them want to smoke more. This is how they become dependent on nicotine and addicted to smoking.

It only takes one cigarette to become addicted
In year 2018, a 16-year study shows it only takes one cigarette to become addicted. Data from 215,000 individuals in Australia, New Zealand, the U.S. and the UK revealed 60.3 percent of people had tried smoking and about 68.9 percent of those people continued smoking daily. You might want to try just one cigarette thinking you won't become addicted. But as shown from this comprehensive study, it's more than likely just one puff can turn into a daily habit.

Link to the video

https://youtu.be/O3qZ6CJdxwk

Harmful Chemicals and its effects

This will provide information about the harmful chemicals and their effects. These toxic chemicals damage nearly every organ of the body. These chemicals when entered through the bloodstream increase the chances of infections, cancer, lungs problem, stroke, heart attack and other chronic diseases or even may lead to death. The picture is included to show some examples of where these chemicals are used in real life so that people can understand how poisonous these chemicals are.

As an example, the lungs of smokers and non-smokers at the start of the video are included to show how badly these chemicals damage the lungs of an individual. In the video I have also created awareness about smoking is associated with increased risk of mental health issues, including anxiety, depression, and addiction. Unpleasant odor from smoking can impact relationships and social interactions. I am encouraging people to rethink and make a well-informed decision about their health. This is how it looks when you click.

Text included in the Harmful Chemicals and its effects tab

More than 7,000 harmful chemical compounds are found in cigarette smoke and out of which 70 chemicals are known to be cancer-causing chemicals. Smoking harms nearly every organ in the body. Even if some people don't inhale tobacco smoke, they still absorb harmful chemicals through the lining of their mouths.

These harmful chemicals can damage the human body in many ways. For example,

1. Nicotine - An addictive substance that raises blood pressure, increases heart rate and constricts blood vessels. This can
• damage your heart by forcing it to work faster and harder.
• slow your blood and reduce oxygen to your feet and hands.

2. Tar - A sticky substance that coats your lung and contains cancer-causing substances (carcinogens). It damages the cilia (a tiny hair-like structures which is responsible for keeping our airways clean) and allows all toxins to travel freely into the lungs causing many lung diseases including lung cancer. It can also cause oral health problems.

3. Carbon Monoxide - A poisonous gas that reduces the blood's ability to carry oxygen, putting strain on the heart and other organs. Over time, airways swell up and let less air into the lungs.

4. Formaldehyde- A toxic chemical that can cause cancer, respiration, stroke, and other health problems.

5. Benzene - A chemical that can cause blood cancer and other blood disorders as long-term benzene exposure may cause DNA abnormalities that control the development of blood cells in bone marrow.

6. Arsenic - A toxic heavy metal leads to various health issues, including cardiovascular and certain types of cancer.

7. Acetone - A chemical, if inhaled or swallowed in high amounts over a short period can cause respiratory problems and can contribute to lung damage.

8. Ammonia - A toxic gas that irritates the respiratory system and contributes to the addictive properties of nicotine.

9. Hydrogen Cyanide - A poisonous gas released on burning tobacco that can interfere with the body's ability to use oxygen properly and has been linked to various health problems.

10. Phenols - A chemical that paralyses and kills the hair-like cells in your airways. These cells sweep clean the lining of airways and protect them against infections. Exposure to phenol may irritate the skin, eyes, nose, throat, and nervous system.

11. Tiny particles in tobacco smoke irritate the throat and lungs and cause a "smoker's cough". This makes the human body produce more mucus and damages lung tissue.

12. Cancer-causing chemicals make your cells grow too fast or abnormally. This can result in cancer cells.

These are just a few examples of harmful chemicals. The combination of these chemicals increases the risk of various health diseases, including heart diseases, various types of cancers, respiratory diseases, and other serious health issues.

Link to the video

https://youtu.be/322pgkUzT4s

SmokeQuit Calculator and Benefits

This will calculate the details of nicotine inhalation, your life expectancy decreased due to smoking and the amount of money you have spent so far that you could have spent otherwise on useful things. Simply, you need to enter the number of cigarettes you smoke per day and how many years you have smoked for. It will motivate people to quit smoking as it is a better decision for their health, society as well as saving money. I have included support information for seekers who want to quit. On the right-hand side, you can see the benefits of quitting smoking. If a person quits smoking today his body will start to recover within 20 minutes and health benefits continue to improve. Many people fear it will take a long time to see the improvements in health and well-being. For them, it is important to have a look on the timeline for real benefits that are faster than most people realise. The sooner a smoker quits, the faster they will reduce their risk of cancer, heart and lung disease, and other conditions related to smoking. So, what are you thinking?

Quit now and enjoy a healthy life!

This is how it looks when you click.

Text included in the SmokeQuit Calculator and Benefits tab

When you smoke
Average amount of nicotine in 1 Cigarette - 12mg
Amount of Nicotine inhale by end of each cigarette - 1.8mg
1 cigarette shorten life by 11 minutes
Average cost of 1 cigarette - $1.75
Example considered – If a person smoke 36 cigarettes in a day for 10 years.

| 36 |
| 10 |

Send

Nicotine inhaled per day is 64.8 mg.
Nicotine inhaled per year is 23652 mg.
Your life is shortened per day by 396 minutes by smoking 36 cigarettes in a day.
Your average life expectancy reduced by 2.75 years if you smoke 36 cigarettes daily for 10 years.
Money spend by you per day on smoking is $63.
Money spend by you in a year on smoking is $22995.
Total money spend by you so far is $229950
By quitting, you can save a significant amount of money that would otherwise be spent on cigarettes.
You can use this money for going on a holiday trip, nice dinner at a restaurant, to watch movies with families or friends and so on....
Stopping smoking can benefit your health, your social life as well as your wallet.

<div style="border: 1px solid black; padding: 10px;">

Text included in the SmokeQuit Calculator and Benefits tab

It's important to note that the benefits of quitting smoking are cumulative and can vary depending on individual circumstances.

Seeking support from healthcare professionals, support groups, or cessation programs increases your chances of successfully quitting. You can

• visit Be Smoke Free

• phone Quitline on 13 78 48

• download My QuitBuddy on:

Itunes

Google Play

Windows

• talk to your GP or health professional.

• keep yourself busy by playing games or talking to your friend.

• watch 5-minute inspirational videos.

</div>

More Information

This will provide you the links to various other websites where you can find out more details by simply clicking on the links. It includes inspirational video links where people have shared their stories. These are good and inspire people to quit as studies show that watching inspirational videos helps you in quitting decision.

And yes, don't miss to fill out the Google form to provide feedback or you can directly email me at infosmokingkills2023@gmail.com

This is how it looks when you click.
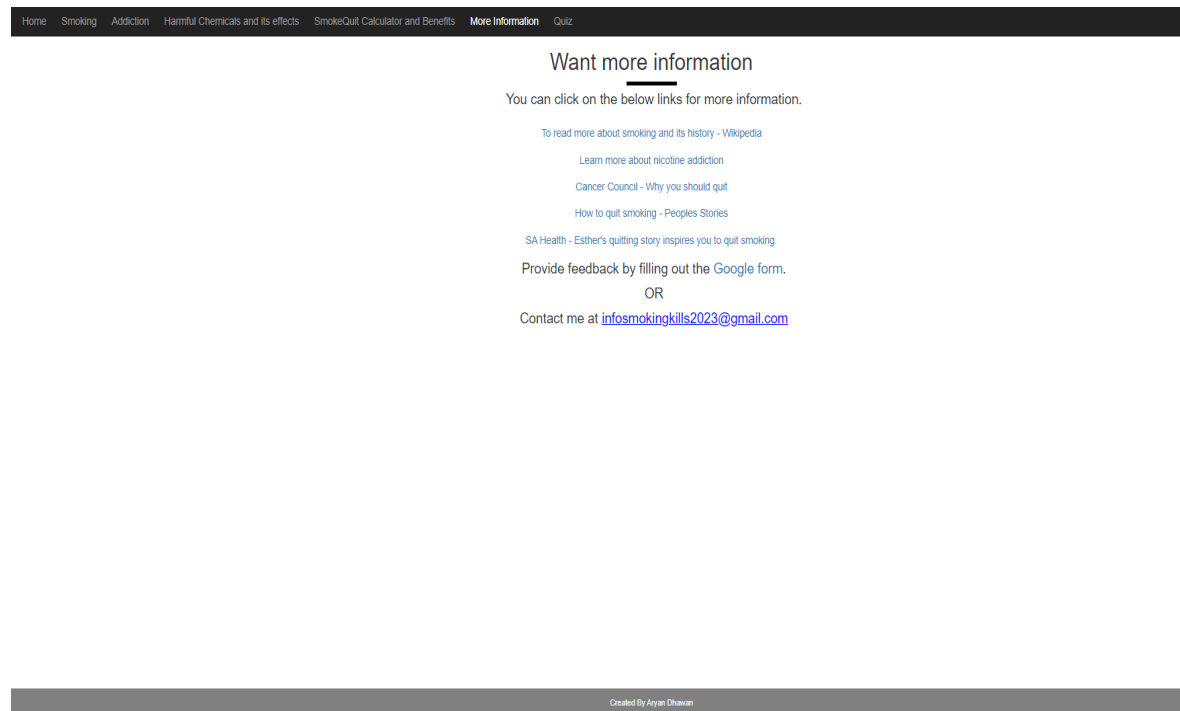
Quiz

This is an interesting quiz to play. It consists of six questions to test your knowledge. Select the option you think is correct and check your answer. The wrong answers will be highlighted in red color and the correct answer will be highlighted in green color.

This is how it looks when you click.

Home   Smoking   Addiction   Harmful Chemicals and its effects   SmokeQuit Calculator and Benefits   More Information   **Quiz**

Quit Smoking Quiz

Click to start the quiz

Created by Aryan Dhawan

Acknowledgement

I researched on this topic and visited various websites to understand smoking habits and behaviour. I have used research data from various websites and the links have been included in the references on the last page. I also watched multiple videos on various websites. I have used Visual Studio Code, JavaScript (JS), Cascading Style Sheets (CSS) and Hyper Text Markup Language (HTML) to program my project.

In school, I learnt how to create timelines on canva when we were working on the project "Edward Hargraves timelines". I have used canva to create quit smoking benefits timeline. To explain the meaning of smoking, secondhand smoke and thirdhand smoke in the smoking tab, I have used SmartArt option in Microsoft PowerPoint Presentation to make it more presentable. I have used "Why quitting is hard" image and the "Use of Harmful Chemicals" image from other websites and the source is included as the link in the references.

I have created a new gmail account infosmokingkills2023@gmail.com under the guidance of my dad. I watched a video to learn how to create a google form that I have created for feedback and asked my parents to fill it out so that I could test it if it is working fine.

I have used a physical calculator to check the accuracy of my calculations for SmokeQuit calculator.

At the time of shooting my video I was having a cold so it might be my voice is heavy. To add subtitles to my videos I have used the app CapCut. I would like to thank my dad for shooting my videos and my mum for guiding me on how to write a disclaimer.

In visual studio code, I can't generate a link to my project. Therefore, I uploaded my files onto GitHub which makes it look the same and created a link.

Loom – an extension of Chrome. I used loom for screen record in the video explaining how to navigate my project.

There were many issues at the start when I was designing my project, sometimes text is too small, scrolling issue, text alignment but gradually by experimenting with different fonts/styles and other available options I was able to fix it. Even though I was having trouble while creating a footer, then I researched how to add a footer and found that I need to use the <footer> tag.   Some of the issues like video subtitles, better presentation, feedback questions etc. which I faced and solved by using different options which I have already acknowledged above.

Project Code
Javascript – main.js

```javascript
function preload() {
    window.location = "index.html";
}

function wrong1() {
    window.location = "wrong1.html";
}

function correct1() {
    window.location = "correct1.html";
}

function correct2() {
    window.location = "correct2.html";
}

function wrong2() {
    window.location = "wrong2.html";
}

function correct3() {
    window.location = "correct3.html";
}

function wrong3() {
    window.location = "wrong3.html";
}

function correct4() {
    window.location = "correct4.html";
}

function wrong4() {
    window.location = "wrong4.html";
}

function correct5() {
    window.location = "correct5.html";
}

function wrong5() {
    window.location = "wrong5.html";
}

function correct6() {
    window.location = "correct6.html";
}
```

```javascript
function wrong6() {
    window.location = "wrong6.html";
}

function send() {
    number = document.getElementById("number").value;
    smoked = document.getElementById("smoked").value;

    nicotine_day = number * 1.8;
    nicotine_year = nicotine_day * 365;
    shorten = number * 11;
    shortenyear = (shorten * 365 * smoked)/(60 * 24 * 365);
    moneyday = number * 1.75;
    moneyear = moneyday * 365;
    totalmoney = moneyear * smoked;
    new_nicotine_day = nicotine_day;
    new_nicotine_year = parseInt(nicotine_year);
    new_shorten = parseInt(shorten);
    new_moneyday = parseInt(moneyday);
    new_moneyear = parseInt(moneyear);
    new_totalmoney = parseInt(totalmoney);
    console.log(number);
    console.log(nicotine_day);
    console.log(nicotine_year);
    console.log(shorten);
    console.log(moneyday);
    console.log(moneyear);
    console.log(totalmoney);
    console.log(new_nicotine_day);
    console.log(new_nicotine_year);
    console.log(new_shorten);
    console.log(new_moneyday);
    console.log(new_moneyear);
    console.log(new_totalmoney);
    document.getElementById("nicotineday").innerHTML = "Nicotine inhaled per day is " + new_nicotine_day + " mg.";
    document.getElementById("nicoyear").innerHTML = "Nicotine inhaled per year is " + new_nicotine_year + " mg.";
    document.getElementById("short").innerHTML = "Your life is shortened per day by " + new_shorten + " minutes by smoking " + number + " cigarettes in a day.";
    document.getElementById("short365").innerHTML = "Your average life expectancy reduced by " + shortenyear + " years if you smoke " + number + + " cigarettes daily for " + smoked + " years.";
    document.getElementById("money1").innerHTML = "Money spend by you per day on smoking is $" + new_moneyday + ".";
    document.getElementById("money365").innerHTML = "Money spend by you in a year on smoking is $" + new_moneyear + ".";
    document.getElementById("moneyspend").innerHTML = "Total money spend by you so far is $" + new_totalmoney;
}

function startquiz() {
    window.location = "quiz1.html";
}

function onetwonext() {
    window.location = "quiz2.html";
}

function twothreenext() {
    window.location = "quiz3.html";
}

function threefournext() {
    window.location = "quiz4.html";
}

function fourfivenext() {
    window.location = "quiz5.html";
}

function fivesixnext() {
    window.location = "quiz6.html";
}

function goback() {
    window.location = "quiz.html";
}
```

Style.css

```css
body {
    margin: 0;
    background: white;
}

.profile {
    height: 222px;
    width: 221px;
}

#welcome {
    width: 100%;
    height: 100%;
    z-index: 9;
}

h1 {
    font-size: 40px;
    line-height: 1.2;
    font-family: 'Lato', sans-serif;
    font-weight: 300;
    text-align: center;
}

#name {
    font-size: 60px;
    line-height: 1.2;
    font-family: Girassol;
}

h2 {
    font-size: 30px;
    font-weight: 300;
    line-height: 1.2;
    font-family: monospace;
}

.line {
    height: 6px;
    background-color: black;
    width: 100px;
    margin: 8px auto;
}

p {
    margin-left: 10px;
    font-size: 18px;
    line-height: 1.3;
    text-align: justify;
}

.parallax-inner {
    display: table-cell;
    position: relative;
    text-align: center;
    vertical-align: middle;
}

html{
    scroll-behavior: smooth;
}

a{
    text-decoration: none;
    font-size: 18px;
}

.artical:hover{
    color: yellowgreen;
}
```

```css
.my_nav_bar
{
    position:sticky;
    top:0;
    z-index:99999
}

footer{
    width: 100%;
    background-color: ▉grey;
    text-align: center;
    color: ☐aliceblue;
    line-height: 50px;
    position: fixed;
    bottom: 0;
}

h6{
    text-align: center;
    font-size: 100px;
    font-family: 'Courier New', Courier, monospace;
    font-weight: 900;
}

.effects_content{
    float: left;
    width: 60%;
}

.effects_img{
    float: left;
    width: 40%;
}

.middle {
    text-align: center;
}
.addiction_content{
    margin-left: 50px;
    float: left;
    width: 60%;
}
.addiction_img{
    float: right;
    width: 35%;
}

.chemical_content{
    margin-left: 50px;
    float: left;
    width: 60%;
}

.chemical_img{
    float: right;
    width: 35%;
}

.passive_content{
    float: left;
    width: 50%;
}

.passive_img{
    float: right;
    width: 49.5%;
}

.quiz_heading{
    font-size: 60px;
}
```

Index.html – Home Page

```html
<html>
<head>
    <title>Smoking Kills</title>
    <link rel=  "stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" href="style.css">
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link href="https://fonts.googleapis.com/css2?family=Girassol&display=swap" rel="stylesheet">
    <link href="https://fonts.googleapis.com/css?family=Cinzel+Decorative&display=swap" rel="stylesheet">
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" type="text/css" href="style.css">
</head>

<body>
    <section id="welcome">
    <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

    </nav>
    <center>
            <div class="parrallax-inner">
                <h2 style="color: ■red; font-size: 59px;">SMOKING KILLS</h2>
                <p style="color: ■rgba(4, 175, 53, 0.941); font-size: 24px;text-align: center;">PREVENTING SMOKING ADDICTION
                    FOR A SMOKE FREE GENERATION</p>
                <img src="No_smoking_symbol.jpg" class="profile">
            </div>
                <br><br>
                <div style="margin-left: 200px; margin-right: 200px;">
                <p>Purpose - Raising awareness about tobacco smoking addiction and the harmful effects of smoking on an individual
                    and society due to the release of toxic chemicals from tobacco smoke.
                    It is a preventable behaviour and quitting is possible.</p>
                <p>Objective - To improve public health by preventing smoking-related premature death, motivate people to quit smoking
                    or not to start smoking in the first place, and contribute towards a smoke-free society.</p>
                <p style="font-size: 17.15px; color: ■rgb(200, 15, 255);">Tobacco smoking is one of the largest preventable causes of death
                    and diseases in Australia.
                    =Smoking rates in Australia have been declining over the years, but it still remains a significant public health issue.</p>
        <p style="font-size: 30px;">Do you know</p>
        <p>·    One in ten adults were current daily smokers in 2021-22 (10.1%) shows that smoking is still prevalent.</p>
        <p>·    It is estimated that nearly 3200 kids and teens start smoking their first cigarette every day.</p>
        <p>·    The total cost of smoking in Australia on society is estimated to be around AUD 137 billion.</p>
        <p>·    Research shows that watching 5 minutes can help people to quit smoking if they are trying to quit but in a dilemma.</p>
        <p>·    If a person quits smoking today his body will start to recover within 20 minutes and in 15 years his body
            will be as good as a non-smoker. </p>
        <br>
        <p style="font-size: 17.15px; font-style: italic;">Disclaimer - This project is created for educational purposes only.
            The information provided is based on the research and data collected from various websites.
            Effects of smoking and benefits of quitting smoking may vary depending on individual circumstances and their smoking behaviour.
            Timelines or outcomes mentioned are general observations. For SmokeQuit Calculator, the average amount of nicotine inhaled,
             and average cost of cigarette is considered.
            The results may vary depending on the brand, price or filter size of a cigarette.</p>
        </div>
        <br><br>
    </center>
    <footer>Created By Aryan Dhawan</footer>
</section>
    <script src="main.js"></script>
</body>

</html>
```
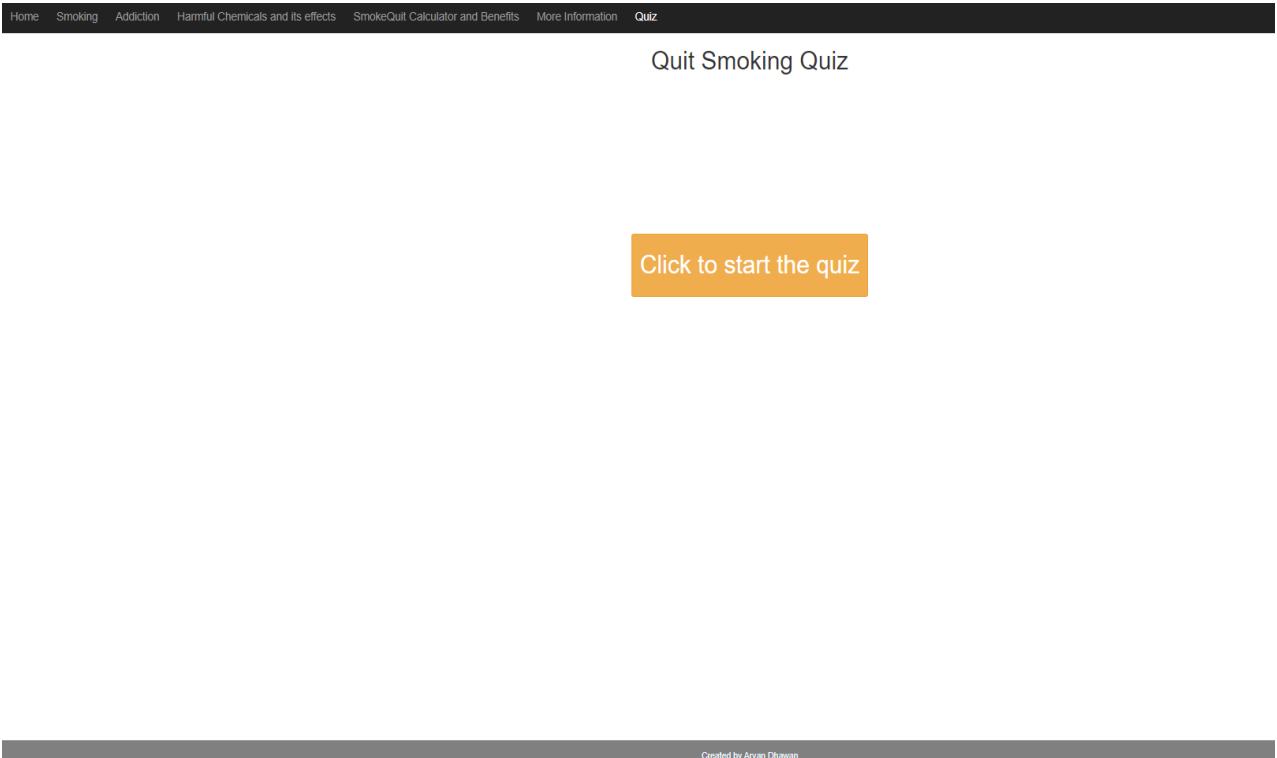
smoking.html – Smoking

```html
<html>

<head>
    <title>Smoking Kills</title>
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" href="style.css">
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link href="https://fonts.googleapis.com/css2?family=Girassol&display=swap" rel="stylesheet">
    <link href="https://fonts.googleapis.com/css?family=Cinzel+Decorative&display=swap" rel="stylesheet">
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" type="text/css" href="style.css">
</head>

<body>
    <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

    </nav>
    <h1>Smoking</h1>
        <div class="line"></div>
        <div style="float: left; width: 65%; text-align: center;">
        <img src="Smoking.JPG">
        </div>
        <div style="float: left; width: 35%; text-align: left;">
            <br><br><br><br>
            <iframe width="560" height="315" src="https://www.youtube.com/embed/HcHVQtamcSg" title="YouTube video player" frameborder="0"
            allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen></iframe>
        </div>
    <footer>Created By Aryan Dhawan</footer>
    <script src="main.js"></script>
</body>
</html>
```

addiction.html – Addiction

```html
<html>

<head>
    <title>Smoking Kills</title>
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" href="style.css">
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link href="https://fonts.googleapis.com/css2?family=Girassol&display=swap" rel="stylesheet">
    <link href="https://fonts.googleapis.com/css?family=Cinzel+Decorative&display=swap" rel="stylesheet">
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" type="text/css" href="style.css">
</head>

<body>
    <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

    </nav>
        <h1>How do you get addicted?</h1>
        <div class="line"></div>
        <br>
        <div class="addiction_content">
        <p>Smoking is highly addictive primarily due to the presence of Nicotine, a chemical found in the leaves of a tobacco plant.</p>
        <br>
        <p>When a person takes the first puff, within a few seconds nicotine makes your brain release a feel good chemical called Dopamine that:
        </p>

        <p>•    makes you feel happy</p>
        <p>•    helps you to concentrate</p>
        <p>•    gives you more energy</p>
        <br>
        <p style="font-size: 30px; font-weight: bolder;">How It Works</p>
        <p>Within a few seconds of inhalation  of the smoke, nicotine enters the lungs and absorbs quickly into the bloodstream. Once absorbed,
          it reaches the brain quickly and is also distributed to various organs and tissues, including the heart, liver, and kidneys.
          When nicotine reaches the brain, it activates structures normally present in the brain called receptors.
          When these receptors are activated, they release a brain chemical called dopamine, which makes a person feel good.
          Dopamine release from nicotine is temporary and the pleasurable effects are short-lived. Once its level declines in the body,
          a person craves for another cigarette to get more dopamine to feel good.</p>
        <br>
        <p>As the nicotine levels in your body fade, people need to use more and more tobacco to get that same good feeling.</p>
        <br>
        <p>Once they are dependent on nicotine, without it they will have withdrawal symptoms.
          They may find it difficult to concentrate or feel nervous, restless, irritable, or anxious.</p>
        <br>
        <p>These two things – nicotine dependence and nicotine withdrawal – make them want to smoke more.
          This is how they become dependent on nicotine and addicted to smoking.</p>
        <br>
        <p style="font-size: 25px; font-weight: bold; color: ■red;">It only takes one cigarette to become addicted</p>
        <p style="margin-right: 10px;">In year 2018, a <a href="https://www.bbc.com/news/health-42619664" target="_blank">16-year study</a>
          shows it only takes one cigarette to become addicted. Data from 215,000 individuals in Australia, New Zealand, the U.S. and
          the UK revealed 60.3 percent of people had tried smoking and about 68.9 percent of those people continued smoking daily.
           You might want to try just one cigarette thinking you won't become addicted. But as shown from this comprehensive study,
            it's more than likely just one puff can turn into a daily habit.</p>
    <br><br><br>
    </div>
        <div class="addiction_img">
         <img src="Why quitting smoking is hard.JPG">
         <br><br>
         <iframe width="560" height="315" src="https://www.youtube.com/embed/O3qZ6CJdxwk"
          title="YouTube video player" frameborder="0"
           allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen></iframe>
           <br><br><br><br>
        </div>
    <footer>Created By Aryan Dhawan</footer>
    <script src="main.js"></script>
</body>
</html>
```

Chemical.html - Harmful Chemicals and its effects

```html
<html>

<head>
    <title>Smoking Kills</title>
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" href="style.css">
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link href="https://fonts.googleapis.com/css2?family=Girassol&display=swap" rel="stylesheet">
    <link href="https://fonts.googleapis.com/css?family=Cinzel+Decorative&display=swap" rel="stylesheet">
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" type="text/css" href="style.css">
</head>

<body>
    <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

    </nav>

    <h1>What are the chemicals in smoking?</h1>
    <div class="line"></div>
    <div class="chemical_content">
    <p>More than 7,000 harmful chemical compounds are found in cigarette smoke and out of which 70 chemicals are known to be cancer-causing
        chemicals. Smoking harms nearly every organ in the body. Even if some people don't inhale tobacco smoke, they still absorb harmful
        chemicals through the lining of their mouths.</p>
    <br>
    <p>These harmful chemicals can damage the human body in many ways. For example,</p>
    <br>
    <p>1.   Nicotine - An addictive substance that raises blood pressure, increases heart rate and constricts blood vessels. This can</p>
    <p>•   damage your heart by forcing it to work faster and harder.</p>
    <p>•   slow your blood and reduce oxygen to your feet and hands.</p>
    <p>2.   Tar - A sticky substance that coats your lung and contains cancer-causing substances (carcinogens). It damages the cilia
        (a tiny hair-like structures which is responsible for keeping our airways clean) and allows all toxins to travel freely into the lungs
        causing many lung diseases including lung cancer. It can also cause oral health problems.</p>
    <p>3.   Carbon Monoxide - A poisonous gas that reduces the blood's ability to carry oxygen, putting strain on the heart and other organs.
        Over time, airways swell up and let less air into the lungs.</p>
    <p>4.   Formaldehyde- A toxic chemical that can cause cancer, respiration, stroke, and other health problems.</p>
    <p>5.   Benzene - A chemical that can cause blood cancer and other blood disorders as long-term benzene exposure may cause DNA
        abnormalities that control the development of blood cells in bone marrow.</p>
    <p>6.   Arsenic - A toxic heavy metal leads to various health issues, including cardiovascular and certain types of cancer.</p>
    <p>7.   Acetone - A chemical, if inhaled or swallowed in high amounts over a short period can cause respiratory problems and
        can contribute to lung damage.</p>
    <p>8.   Ammonia - A toxic gas that irritates the respiratory system and contributes to the addictive properties of nicotine.</p>
    <p>9.   Hydrogen Cyanide - A poisonous gas released on burning tobacco that can interfere with the body's ability to use oxygen
        properly and has been linked to various health problems.</p>
    <p>10.  Phenols - A chemical that paralyzes and kills the hair-like cells in your airways. These cells sweep clean the lining of airways
        and protect them against infections. Exposure to phenol may irritate the skin, eyes, nose, throat, and nervous system.</p>
    <p>11.  Tiny particles in tobacco smoke irritate the throat and lungs and cause a "smoker's cough". This makes the human body produce
        more mucus and damages lung tissue.</p>
    <p>12.  Cancer-causing chemicals make your cells grow too fast or abnormally. This can result in cancer cells.</p>
    <br>
    <p>These are just a few examples of harmful chemicals. The combination of these chemicals increases the risk of various health diseases,
        including heart diseases, various types of cancers, respiratory diseases, and other serious health issues.</p>
    <br><br><br>
    </div>
    <div class="chemical_img">
        <img src="chemicals_in_smoking.JPG">
        <br><br>
        <iframe width="560" height="315" src="https://www.youtube.com/embed/322pgkUzT4s" title="YouTube video player" frameborder="0"
        allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" allowfullscreen></iframe>
    </div>
    <footer>Created By Aryan Dhawan</footer>
    <script src="main.js"></script>
</body>
</html>
```

Quit.html – SmokeQuit Calculator and Benefits

```html
<html>

<head>
    <title>Smoking Kills</title>
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" href="style.css">
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link href="https://fonts.googleapis.com/css2?family=Girassol&display=swap" rel="stylesheet">
    <link href="https://fonts.googleapis.com/css?family=Cinzel+Decorative&display=swap" rel="stylesheet">
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" type="text/css" href="style.css">
</head>

<body>
    <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

    </nav>
    <div style="float: left; width: 49%; text-align: left;">
    <h1 style="text-align: left;">SmokeQuit Calculator</h1>
    <p id="quitsmoke" style="font-size: 25px;">When you smoke</p>
    <p>Average amount of nicotine in 1 Cigarette - 12mg</p>
    <p>Amount of Nicotine inhale by end of each cigarette - 1.8mg</p>
    <p>1 cigarette shorten life by 11 minutes</p>
    <p>Average cost of 1 cigarette - $1.75</p>
    <br><br>
    <input type="text" id="number" class="form-control" placeholder="Write number of cigarette you smoked per day" style="width: 312px;">
    <br><br>
    <input type="text" id="smoked" class="form-control" placeholder="Write the number of years you smoked for" style="width: 290px;">
    <br>
    <button onclick="send()" class="btn btn-success" style="margin-left: 1px;">Send</button>
    <p id="nicotineday"></p>
    <p id="nicoyear"></p>
    <p id="short"></p>
    <p id="short365"></p>
    <p id="money1"></p>
    <p id="money365"></p>
    <p id="moneyspend"></p>
    <p style="color: █green; font-style: italic; font-size: 20px;">By quitting, you can save a significant amount of money that would
        otherwise be spent on cigarettes.</p>
    <p style="color: █green; font-style: italic; font-size: 20px;">You can use this money for going on a holiday trip,
        nice dinner at a restaurant, to watch movies with families or friends and so on.....</p>
    <p style="color: █green; font-style: italic; font-size: 20px;">Stopping smoking can benefit your health,
        your social life as well as your wallet.</p>
    <br>
    <p>It's important to note that the benefits of quitting smoking are cumulative and can vary depending on individual circumstances.</p>
    <p>Seeking support from healthcare professionals, support groups, or cessation programs increases your chances of successfully quitting.
        You can</p>
    <p>•    visit <a href="https://besmokefree.com.au/" target="_blank">Be Smoke Free</a></p>
    <p>•    phone Quitline on 13 78 48</p>
    <p>•    download My QuitBuddy on:</p>
    <p><a href="https://apps.apple.com/au/app/quit-now-my-quitbuddy/id527485761" target="_blank">Itunes</a></p>
    <p><a href="https://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy&pli=1" target="_blank">Google Play</a></p>
    <p><a href="https://apps.microsoft.com/store/apps?hl=en-au&gl=AU&rtc=1" target="_blank">Windows</a></p>
    <p>•    talk to your GP or health professional.</p>
    <p>•    keep yourself busy by playing games or talking to your friend.</p>
    <p>•    watch 5-minute inspirational videos.</p>
    <p>•    use Nicotine Gums, Mouth Sprays, Lozenges & Inhalators</p>
    </div>
    <div style="float: right; width: 48%;">
        <h2>When you quit</h2>
        <img src="Quit Smoking Timeline Infographic 75.jpg">
        <br><br><br><br><br><br><br>
    </div>
    <footer>Created By Aryan Dhawan</footer>
    <script src="main.js"></script>
</body>
</html>
```

Extra.html – More Information

```html
<html>

<head>
    <title>Smoking Kills</title>
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" href="style.css">
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link href="https://fonts.googleapis.com/css2?family=Girassol&display=swap" rel="stylesheet">
    <link href="https://fonts.googleapis.com/css?family=Cinzel+Decorative&display=swap" rel="stylesheet">
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
<link rel="stylesheet" type="text/css" href="style.css">
</head>

<body>
    <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

    </nav>

    <h1>Want more information</h1>
    <div class="line"></div>
    <section style="text-align: center;">
    <p style="text-align: center; font-size: 25px;">You can click on the below links for more information.</p>
    <br><br>
    <a href="https://en.wikipedia.org/wiki/Smoking" target="_blank" style="text-align: center;">
        To read more about smoking and its history - Wikipedia</a>

    <br><br>
    <a href="https://www.quit.org.au/articles/nicotine-addiction-explained/" target="_blank" style="text-align: center;">
        Learn more about nicotine addiction</a>
    <br><br>
    <a href="https://www.cancer.org.au/cancer-information/causes-and-prevention/smoking/smoking" target="_blank" style="text-align: center;">
        Cancer Council - Why you should quit</a>
    <br><br>
    <a href="https://www.youtube.com/watch?v=rJ9yqzHciEU" target="_blank" style="text-align: center;">How to quit smoking - Peoples Stories</a>
    <br><br>
    <a href="https://www.youtube.com/watch?v=6qDVbJK88Aw" target="_blank" style="text-align: center;">
        SA Health - Esther's quitting story inspires you to quit smoking.</a>
    <br><br><br><br>

    <p style="text-align: center; font-size: 25px;">Provide feedback by filling out the <a href="https://forms.gle/HCfKcjmB592Trtua6"
        target="_blank" style="text-align: center; font-size: 25px;">Google form</a>.</p>
    <p style="text-align: center; font-size: 25px;">OR</p>
    <p style="text-align: center; font-size: 25px;">Contact me at <u style="color: ■blue; ">infosmokingkills2023@gmail.com</u></p>
    </section>
    <footer>Created By Aryan Dhawan</footer>
    <script src="main.js"></script>
</body>

</html>
```

Quiz.html - Quiz

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <body>
        <center>
            <h1>Quit Smoking Quiz</h1>
            <br><br><br><br><br><br><br><br><br><br>
            <button onclick="startquiz()" class="btn btn-warning" style="height: 100px; width: 400px; font-size: 40px; text-align: center;">
                Click to start the quiz</button>
        </center>
        </body>
<script src="main.js"></script>
<footer>Created by Aryan Dhawan</footer>
</body>
</html>
```

Quiz1.html – quiz question 1

```html
<html>
    <head>
        <title>Quiz</title>
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <h1>Click on the answer you think is correct</h1>
        <center>
            <br><br>
            <h4 style="font-size: 40px;">Question 1. Why do people smoke?</h4>
            <button onclick="wrong1()" style="font-size: 20px;">Stress</button>
            <button onclick="wrong1()" style="font-size: 20px;">Peer Pressure</button>
            <button onclick="wrong1()" style="font-size: 20px;">Experimenting</button>
            <button onclick="correct1()" style="font-size: 20px;">All Of The Above</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Quiz2.html – Quiz question 2

```html
<html>
    <head>
        <title>Quiz</title>
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <h1>Click on the answer you think is correct</h1>
        <center>
            <br><br>
            <h4 style="font-size: 40px;">Question 2. If a person quits smoking,
                much of the lung damage that can lead to cancer can be repaired.</h4>
            <button onclick="correct2()" style="font-size: 20px;">Yes</button>
            <button onclick="wrong2()" style="font-size: 20px;">No</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Quiz3.html – quiz question 3

```html
<html>
    <head>
        <title>Quiz</title>
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <h1>Click on the answer you think is correct</h1>
        <center>
            <br><br>
            <h4 style="font-size: 40px;">Question 3. How much time does your life get shorter when you smoke one cigarette?</h4>
            <button onclick="wrong3()" style="font-size: 20px;">11 seconds</button>
            <button onclick="correct3()" style="font-size: 20px;">11 minutes</button>
            <button onclick="wrong3()" style="font-size: 20px;">11 hours</button>
            <button onclick="wrong3()" style="font-size: 20px;">11 days</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Quiz4.html – quiz question 4

```html
<html>
    <head>
        <title>Quiz</title>
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <h1>Click on the answer you think is correct</h1>
        <center>
            <br><br>
            <h4 style="font-size: 40px;">Question 4. When you smoke, which chemicals cause lung cancer, emphysema and bronchial diseases?</h4>
            <button onclick="correct4()" style="font-size: 20px;">Tar</button>
            <button onclick="wrong4()" style="font-size: 20px;">Carbon Monoxide</button>
            <button onclick="wrong4()" style="font-size: 20px;">Ammonia</button>
            <button onclick="wrong4()" style="font-size: 20px;">Hydrogen Cyanide</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Quiz5.html – quiz question 5

```html
<html>
    <head>
        <title>Quiz</title>
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <h1>Click on the answer you think is correct</h1>
        <center>
            <br><br>
            <h4 style="font-size: 40px;">Question 5. How do you detox from nicotine fast?</h4>
            <button onclick="wrong5()" style="font-size: 20px;">Quit Smoking</button>
            <button onclick="wrong5()" style="font-size: 20px;">Regular Exercise and drink water</button>
            <button onclick="wrong5()" style="font-size: 20px;">Eat diet rich in antioxidents</button>
            <button onclick="correct5()" style="font-size: 20px;">All Of The Above</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Quiz6.html – quiz question 6

```html
<html>
    <head>
        <title>Quiz</title>
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <h1>Click on the answer you think is correct</h1>
        <br><b></b>
        <center>
            <h4 style="font-size: 40px;">Question 6. How many people die because of smoking each year in Australia?</h4>
            <button onclick="wrong6()" style="font-size: 20px;">Less than 1 000</button>
            <button onclick="wrong6()" style="font-size: 20px;">10 000 to 11 000</button>
            <button onclick="correct6()" style="font-size: 20px;">20 000 to 21 000</button>
            <button onclick="wrong6()" style="font-size: 20px;">More than 30 000</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Correct1.html – If you get question 1 correct

```html
<html>
    <head>
        <title>Quiz</title>
        <meta name="viewport" content="width=device-width, initial-scale=1">
        <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
        <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
        <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
        <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>
        <nav class="navbar-inverse my_nav_bar">

        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 1. Why do people smoke?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">Stress</button>
            <button style="font-size: 20px;" class="btn btn-danger">Peer Pressure</button>
            <button style="font-size: 20px;" class="btn btn-danger">Experimenting</button>
            <button style="font-size: 20px;" class="btn btn-success">All Of The Above</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: green;">Hurray, you got it correct.</p>
            <br><br><br><br><br><br><br><br><br>
            <button onclick="onetwonext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">
                Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Correct2.html – If you get question 2 correct

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 2. If a person quits smoking, much of the lung damage that can lead to cancer can be repaired.</h4>
            <button style="font-size: 20px;" class="btn btn-success">Yes</button>
            <button style="font-size: 20px;" class="btn btn-danger">No</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: green;">Hurray, you got it correct.</p>
            <br><br><br><br><br><br><br><br><br>
            <button onclick="twothreenext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">
                Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Correct3.html – If you get question 3 correct

```html
<html>
    <head>
        <title>Quiz</title>

        <meta name="viewport" content="width=device-width, initial-scale=1">
        <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
        <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
        <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
        <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 3. How much time does your life get shorter when you smoke one cigarette?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">11 seconds</button>
            <button style="font-size: 20px;" class="btn btn-success">11 minutes</button>
            <button style="font-size: 20px;" class="btn btn-danger">11 hours</button>
            <button style="font-size: 20px;" class="btn btn-danger">11 days</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: █green;">Hurray, you got it correct.</p>
            <br><br><br><br><br><br><br><br>
            <button onclick="threefournext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Correct4.html – if you got question 4 correct

```html
<html>
    <head>
        <title>Quiz</title>

        <meta name="viewport" content="width=device-width, initial-scale=1">
        <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
        <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
        <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
        <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>
        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 4. When you smoke, which chemicals cause lung cancer, emphysema and bronchial diseases?</h4>
            <button style="font-size: 20px;" class="btn btn-success">Tar</button>
            <button style="font-size: 20px;" class="btn btn-danger">Carbon Monoxide</button>
            <button style="font-size: 20px;" class="btn btn-danger">Ammonia</button>
            <button style="font-size: 20px;" class="btn btn-danger">Hydrogen Cyanide</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: █green;">Hurray, you got it correct.</p>
            <br><br><br><br><br><br><br><br>
            <button onclick="fourfivenext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Correct5.html – if you got question 5 correct

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>
        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 5. How do you detox from nicotine fast?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">Quit Smoking</button>
            <button style="font-size: 20px;" class="btn btn-danger">Regular Exercise and drink water</button>
            <button style="font-size: 20px;" class="btn btn-danger">Eat diet rich in antioxidents</button>
            <button style="font-size: 20px;" class="btn btn-success">All Of The Above</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: green;">Hurray, you got it correct.</p>
            <br><br><br><br><br><br><br><br><br>
            <button onclick="fivesixnext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Correct6.html – if you got question 6 correct

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 6. How many people die because of smoking each year in Australia?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">Less than 1 000</button>
            <button style="font-size: 20px;" class="btn btn-danger">10 000 to 11 000</button>
            <button style="font-size: 20px;" class="btn btn-success">20 000 to 21 000</button>
            <button style="font-size: 20px;" class="btn btn-danger">More than 30 000</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: green;">Hurray, you got it correct.</p>
            <br><br><br><br><br><br><br><br><br>
            <p style="font-size: 40px; margin-left: 625px;">Thank you for participating in the quiz.</p>
            <p style="font-size: 40px; margin-left: 490px; color: green;">QUIT SMOKING FOR A SMOKE-FREE GENERATION.</p>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Wrong1.html – if you got question 1 wrong

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 1. Why do people smoke?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">Stress</button>
            <button style="font-size: 20px;" class="btn btn-danger">Peer Pressure</button>
            <button style="font-size: 20px;" class="btn btn-danger">Experimenting</button>
            <button style="font-size: 20px;" class="btn btn-success">All Of The above</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: red;">Oh no, You got it wrong</p>
            <p style="font-size: 40px; margin-left: 600px;">The correct answer was "All of the Above".</p>
            <br><br><br><br><br>
            <button onclick="onetwonext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Wrong2.html – if you got question 2 wrong

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 2. If a person quits smoking, much of the lung damage that can lead to cancer can be repaired.</h4>
            <button style="font-size: 20px;" class="btn btn-success">Yes</button>
            <button style="font-size: 20px;" class="btn btn-danger">No</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: red;">Oh no, You got it wrong</p>
            <p style="font-size: 40px; margin-left: 600px;">The correct answer was "Yes".</p>
            <br><br><br><br><br>
            <button onclick="twothreenext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Wrong3.html – if you got question 3 wrong

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 3. How much time does your life get shorter when you smoke one cigarette?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">11 seconds</button>
            <button style="font-size: 20px;" class="btn btn-success">11 minutes</button>
            <button style="font-size: 20px;" class="btn btn-danger">11 hours</button>
            <button style="font-size: 20px;" class="btn btn-danger">11 days</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: red;">Oh no, You got it wrong</p>
            <p style="font-size: 40px; margin-left: 600px;">The correct answer was "11 minutes".</p>
            <br><br><br><br><br><br>
            <button onclick="threefournext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Wrong4.html – if you got question 4 wrong

```html
<html>
    <head>
        <title>Quiz</title>

    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
    <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>
        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 4. When you smoke, which chemicals cause lung cancer, emphysema and bronchial diseases?</h4>
            <button style="font-size: 20px;" class="btn btn-success">Tar</button>
            <button style="font-size: 20px;" class="btn btn-danger">Carbon Monoxide</button>
            <button style="font-size: 20px;" class="btn btn-danger">Ammonia</button>
            <button style="font-size: 20px;" class="btn btn-danger">Hydrogen Cyanide</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: red;">Oh no, You got it wrong</p>
            <p style="font-size: 40px; margin-left: 600px;">The correct answer was "Tar".</p>
            <br><br><br><br><br><br>
            <button onclick="fourfivenext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Wrong5.html – if you got question 5 wrong

```html
<html>
    <head>
        <title>Quiz</title>

        <meta name="viewport" content="width=device-width, initial-scale=1">
        <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
        <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
        <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
        <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>
        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 5. How do you detox from nicotine fast?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">Quit Smoking</button>
            <button style="font-size: 20px;" class="btn btn-danger">Regular Exercise and drink water</button>
            <button style="font-size: 20px;" class="btn btn-danger">Eat diet rich in antioxidents</button>
            <button style="font-size: 20px;" class="btn btn-success">All of the above</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: red;">Oh no, You got it wrong</p>
            <p style="font-size: 40px; margin-left: 600px;">The correct answer was "All Of The Above".</p>
            <br><br><br><br><br><br>
            <button onclick="fivesixnext()" class="btn btn-warning" style="width: 120px; height: 60px; font-size: 30px; text-align: center;">Next</button>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

Wrong6.html – if you got question 6 wrong

```html
<html>
    <head>
        <title>Quiz</title>

        <meta name="viewport" content="width=device-width, initial-scale=1">
        <link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/css/bootstrap.min.css">
        <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
        <script src="https://maxcdn.bootstrapcdn.com/bootstrap/3.4.0/js/bootstrap.min.js"></script>
        <link rel="stylesheet" type="text/css" href="style.css">
    </head>
    <body>

        <nav class="navbar-inverse my_nav_bar">
        <div class="collapse navbar-collapse" id="myNavbar">
            <ul class="nav navbar-nav">
                <li class="links"><a href="index.html">Home</a></li>
                <li class="links"><a href="smoking.html">Smoking</a></li>
                <li class="links"><a href="addiction.html">Addiction</a></li>
                <li class="links"><a href="chemical.html">Harmful Chemicals and its effects</a></li>
                <li class="links"><a href="quit.html">SmokeQuit Calculator and Benefits</a></li>
                <li class="links"><a href="extra.html">More Information</a></li>
                <li class="links"><a href="quiz.html">Quiz</a></li>
            </ul>
        </div>

        </nav>
        <center>
            <br><br><br><br><br><br>
            <h4 style="font-size: 40px;">Question 6. How many people die because of smoking each year in Australia?</h4>
            <button style="font-size: 20px;" class="btn btn-danger">Less than 1 000</button>
            <button style="font-size: 20px;" class="btn btn-danger">10 000 to 11 000</button>
            <button style="font-size: 20px;" class="btn btn-success">20 000 to 21 000</button>
            <button style="font-size: 20px;" class="btn btn-danger">More than 30 000</button>
            <br><br>
            <p style="font-size: 40px; margin-left: 750px; color: red;">Oh no, You got it wrong</p>
            <p style="font-size: 40px; margin-left: 600px;">The correct answer was "20 000 to 21 000".</p>
            <br><br><br><br><br><br>
            <p style="font-size: 40px; margin-left: 625px;">Thank you for participating in the quiz.</p>
            <p style="font-size: 40px; margin-left: 490px; color: green;">QUIT SMOKING FOR A SMOKE-FREE GENERATION.</p>
        </center>
    <script src="main.js"></script>
    <footer>Created by Aryan Dhawan</footer>
    </body>
    </html>
```

References

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- https://www.health.gov.au/health-topics/smoking-and-tobacco/how-to-quit-smoking/why-quit-smokingOpen link in new window
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- To read more about smoking and its history - Wikipedia
- Learn more about nicotine addiction
- Cancer Council - Why you should quit
- How to quit smoking - Peoples Stories
- SA Health - Esther's quitting story inspires you to quit smoking.
- https://www.youtube.com/watch?v=fhA1A5T-Zc8 (Watched this video to learn how to create google form)

Disclaimer – This project is created for educational purposes only. The information provided is based on the research and data collected from various websites. Effects of smoking and benefits of quitting smoking may vary depending on individual circumstances and their smoking behaviour. Timelines or outcomes mentioned are general observations. For SmokeQuit Calculator, the average amount of nicotine inhaled, and average cost of cigarette is considered. The results may vary depending on the brand, price or filter size of a cigarette.

QUIT SMOKING FOR A SMOKE-FREE GENERATION. THANK YOU!