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VAPING AND E-CIGARETTES THE FACTS



Smoking causes disease, poor health and early death.

Ask the class what the health effects of smoking are.



Many adult smokers
switch to nicotine
vapes to help them
quit smoking.

See slides 5-8 of the Teachers' Toolkit.



Most young
people don't
vape or smoke.

Stats can be found on slide 3 and 10 of the Teachers' Toolkit

Vaping is less harmful than smoking because you don't inhale the toxic tar and carbon monoxide found in tobacco smoke.

Ask if students know how many chemicals are in tobacco smoke. See slide 11 of the Teachers' Toolkit.

**But vapes are
not harmless.**

Can students explain why vapes may not be harmless?

Short-term effects of vaping can include coughing, headaches, dizziness and sore throats.



See slide 12 of the Teachers' Toolkit



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**And the long-term effects are,
as yet, unknown.**



Vapes and vaping products
that contain nicotine are
age-restricted.

See slides 19 and 20 of the Teachers' Toolkit

It's against the law to sell them
to anyone **under 18**.

It's also illegal for adults to buy
vapes for anyone **under 18**.

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Anyone who knowingly sells
vapes to **under 18s** is
driven by profit and doesn't
care who they sell to.

Ask the students what they could do or who they can tell if they know of anyone selling vapes to young people.

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Vapes can have an impact on
the environment.

Ask the students what they think the environmental impact is of using vapes?



Approximately **1.3** million
disposable vapes are thrown away
every week in the UK: enough to
cover **22 football pitches.**

Now that they are thinking about disposable vapes and the numbers involved, does this change what they think the environmental consequences are?

Single-use vapes contain batteries and
difficult to recycle plastics.

These break down in landfills causing
dangerous chemicals to pollute the
soil and water.

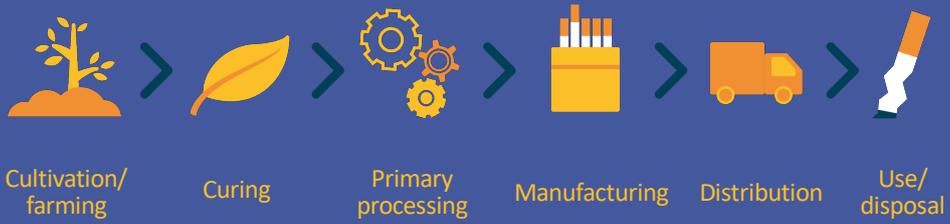


See slide 26 of the Teachers' Toolkit

**These chemicals can cause
harm to humans, animals
and the environment.**

IMPACT OF TOBACCO ON THE ENVIRONMENT

The tobacco supply chain is extremely environmentally harmful on a global scale. Environmental impact at all stages:



These result in:
pollution
soil degradation
biodiversity losses
Deforestation
and
Death: Tobacco kills 8 million people a year

Around **six trillion** cigarettes are manufactured each year globally using **5.3 million** hectares of land and **600 million** trees.

Cigarettes are the most littered item on the planet with **4.5 trillion** cigarette butts polluting our pavements, parks, soil, rivers, beaches and oceans

See slide 28 of the Teachers' Toolkit

More information:

- Zafeiridou et al. 2018). <https://doi.org/10.1021/acs.est.8b01533>.
- <https://ash.org.uk/uploads/Tobacco-Environment.pdf>

All of this produced **25 megatons** of solid waste, **55 megatons** of waste water, almost **84 megatons** of CO₂ emissions to climate change – approximately 0.2% of the global total.

**Remember, vapes are
meant to help smokers
to quit for good.**

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**DON'T SMOKE?
DON'T START TO VAPE.**



IF YOU WANT TO LEARN MORE, OR HAVE ANY CONCERNS:

Talk to your teacher

Contact Smokefree Sheffield
www.smokefreesheffield.org

Visit Talk to Frank
talktofrank.com

If you are worried about your use, You can call FRANK
on **0300 1236600** for friendly, confidential advice.

See slides 31-33 of the Teachers' Toolkit