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VAPING AND E-CIGARETTES THE FACTS





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Smoking causes disease, poor
health and early death.



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



Most young
people don't
vape or smoke.



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



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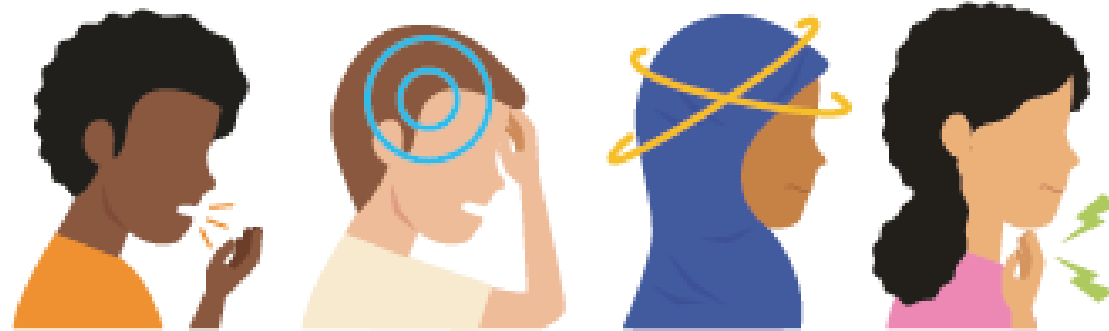


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**But vapes are
not harmless.**

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





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





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



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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.





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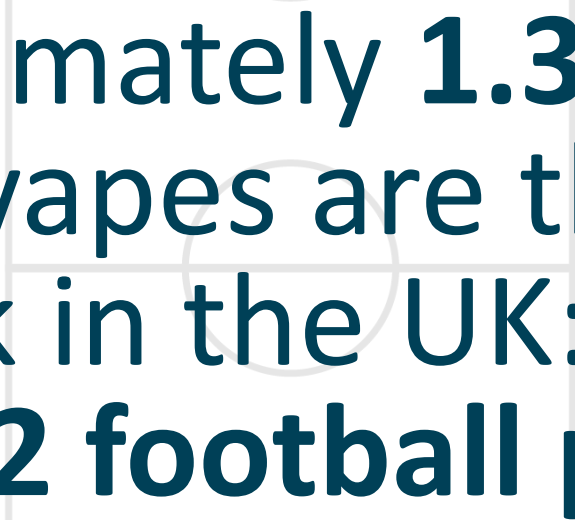
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**Vapes can have an impact on
the environment.**





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

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

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





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



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IMPACT OF TOBACCO ON THE ENVIRONMENT





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



Cultivation/
farming



Curing



Primary
processing



Manufacturing



Distribution



Use/
disposal



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These result in:
pollution
soil degradation
biodiversity losses
Deforestation
and

Death: Tobacco kills 8 million people a year



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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



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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.



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**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
Visit freshquit.co.uk
Visit talktofrank.com

If you are worried about your use, you can call FRANK on 0300 123 6600
for friendly confidential advice.