



Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

VAPING AND E-CIGARETTES THE FACTS





Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

Smoking causes disease, poor
health and early death.

Ask the class what the health effects of smoking are.



Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)



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



See slides 5-8 of the Teachers' Toolkit.



Healthy
Cornwall

ash.
action on smoking and health

Smokefree
Sheffield

Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)



Most young
people don't
vape or smoke.



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



Healthy
Cornwall

ash
action on smoking and health

Smokefree
Sheffield

Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

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.



Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

**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



Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)



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





Healthy
Cornwall

ash

action on smoking and health



Smokefree
Sheffield

Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

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

See slides 19 and 20 of the Teachers' Toolkit



Healthy
Cornwall

ash



Smokefree
Sheffield

Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

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**.



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.



Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

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



Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

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





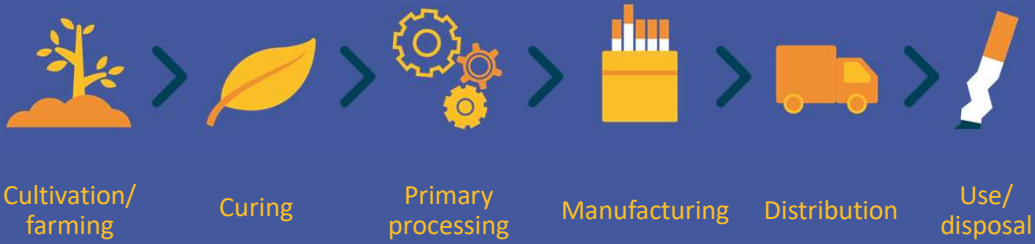
Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

IMPACT OF TOBACCO ON THE ENVIRONMENT

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





Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

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



Healthy
Cornwall

ash
action on smoking and health

Smokefree
Sheffield

Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

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>



Healthy
Cornwall

ash

action on smoking and health



Smokefree
Sheffield

Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

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.



Healthy
Cornwall



Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

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

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



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

Talk to your teacher

Contact Healthy Cornwall

www.healthycornwall.org.uk/smokefree

Visit Talk to Frank

www.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