

# VAPING AND E-CIGARETTES THE FACTS



Smoking causes disease, poor  
health and early death.



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

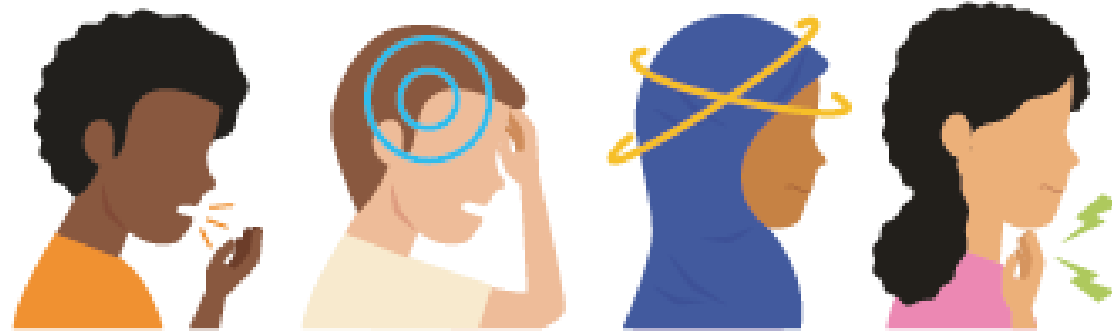


Most young  
people don't  
vape or smoke.

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

**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.**



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

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.



**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.

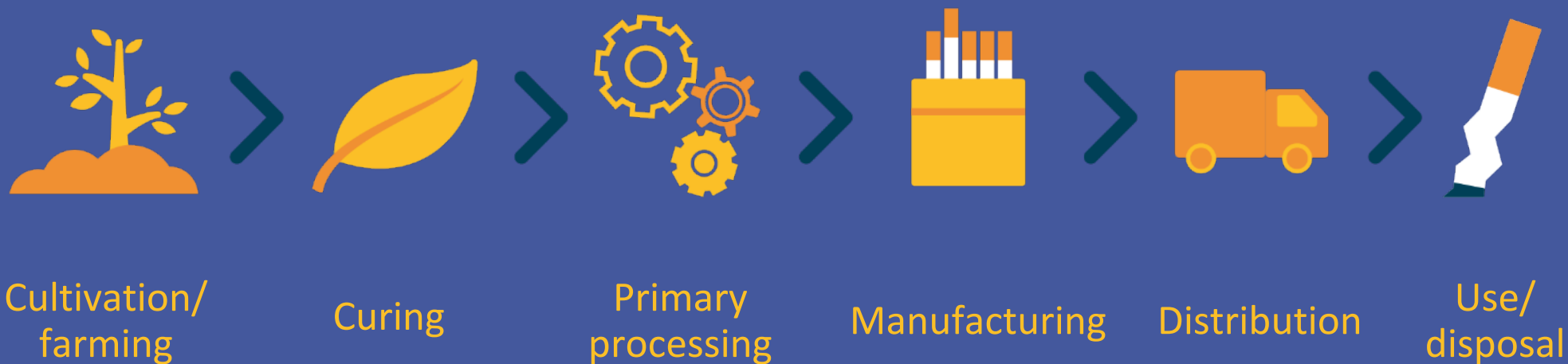


**These chemicals can cause  
harm to humans, animals  
and the environment.**

# 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**

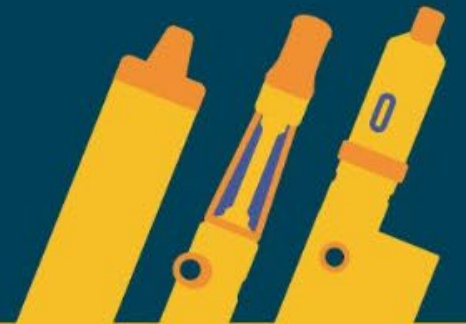
Around **six trillion** cigarettes are manufactured each year globally using **5.3 million** hectares of land and **600 million** trees.

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

All of this produced **25 megatonnes** of solid waste, **55 megatonnes** of waste water, almost **84 megatonnes** of CO<sub>2</sub> emissions to climate change – approximately 0.2% of the global total.

**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 Merton Council**

**[oneyoumerton.org/better-health/quit-smoking](https://oneyoumerton.org/better-health/quit-smoking)**

**Visit Talk to Frank**

**[talktofrank.com](https://talktofrank.com)**

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