

Tobacco

Some nicknames for cigarettes are:
fags, ciggies, fakes, burns.
A nickname for tobacco is: baccy.

So what could **YOU** do, if
you **didn't** want to **smoke**...

Ways of saying NO!

- Say 'No thank you'
- Make up an excuse
- Tell a little lie
- Tell the truth
- Walk away from the situation
- Tell them you're not interested
- Ask them to stop bothering you or pressuring you to smoke

If your friends are pressuring you to smoke and you have said 'No', how much of a friend are they?

Big Guide to... Tobacco

Effects

- Feel light headed
- Feel as though you are more relaxed
- Feel dizzy
- Feel or be sick
- Feel lacking in energy
- Unwell/ill much more often
- Fingers and teeth yellow
- Breath smell
- Body and clothes smell
- Sense of taste and smell worse
- Muscles and bones weaker

Top Facts

- One in two smokers die from a smoking related illness.
- In the UK each year around 36% of house fires are tobacco related.
- Smoking 20 cigarettes a day for a year costs about £2500, but this is always increasing.
- Tobacco is the biggest killing drug in the UK.

What it's like



Tobacco comes from the dried leaves of the tobacco plant. It is found in cigarettes, cigars and other products.

Tobacco is usually smoked but can also be chewed.

Cigarette smoke contains over 4000 chemicals, including arsenic, tar, ammonia, hydrogen cyanide and nicotine.

Illegal Cigarettes

Did you know that there are over 4,000 chemicals in cigarette smoke! And that's the ones we can regulate in the shops, illegal ones may contain even more!

Remember it is illegal to buy cheap cigarettes from other countries then bring them back here to sell on to others. Not only can that person be arrested and/or fined but they are also doing their buyers a lot of harm. There are strict rules on how cigarettes are made

and what goes into them and some of the cheap one's don't always follow the same rules meaning they can contain anything at all! People who smoke these cigarettes are putting themselves at more risk of getting smoking related illnesses.

Nicotine is a physically addictive drug. It is one of the reasons people find it so difficult to give up smoking.

Smokers also get used to smoking and it becomes part of their daily routine. This makes it very hard to stop.

When you smoke, nicotine reaches your brain in 7-10 seconds.

Shisha...

Shisha is flavoured tobacco and comes from hot countries such as Dubai, Turkey and Egypt. It is often smoked in cultural and social groups in café's and bars.

Shisha is still tobacco, no matter what flavour it is and it still carries the same risks and laws as all other tobacco products. Smoking shisha for an hour on a pipe is the equivalent to smoking 100 cigarettes.



The Law

- A person has to be 18 or over to be sold tobacco products including electronic cigarettes.
- It is against the law for an adult to buy someone under 18 tobacco products including electronic cigarettes.
- It is illegal for an adult to smoke inside a car with some under 18 present.
- It is against the law to smoke inside enclosed public places.

Where to get help?

If you or a friend needs help
or for more information:

Log on: www.ourguideto.co.uk

Text: 07781 472 746

Tel: 0121 569 2201

Email: dqa1000@hotmail.com



The DECCA Team
DECCA (Drug Education, Counselling and Confidential Advice) are Sandwell's Young People's (18 & under) drug service.

Second-hand smoke

Second-hand smoke comes from both the smoke that smokers exhale (called mainstream smoke) and the smoke floating from the end of the cigarette, cigar or pipe (called side stream smoke).

People who breathe in this type of smoke can be affected by second-hand smoke in many different ways.

Second-hand smoke can affect people anywhere where someone is smoking including the home and in cars.

Everyone can be affected by second-hand smoke including children, family members, pets, the elderly and any other people around the smoker.

The risks of second-hand smoke...

Second-hand smoke may seem harmless, but it actually contains thousands of chemicals such as butane, arsenic and ammonia - many of these chemicals are toxic and some are even carcinogens (cancer-causing chemicals).

Second-hand smoke can cause many diseases and illnesses such as:

- Respiratory infections (like bronchitis and pneumonia)
- Asthma (second-hand smoke is a risk factor for the development of asthma and can trigger attacks in those who already have it)
- Coughing, sore throats, sniffing and sneezing
- Increase the risks of lung cancer by 24%
- Increase risks of heart disease by 25%

Electronic Nicotine Delivery Systems (ENDS)

ENDS include electronic cigarettes, shisha pens, vape pens, vaporisers, and electronic cigars and pipes.

These products are battery powered devices that often deliver nicotine.

ENDS are still fairly new products and it's still uncertain regarding risks and dangers both to the individual and environment. In 2014-15 there were around 100 house fires related to these products. Some scary stories are always popping up in the media.

Since May 2016 these products became controlled by the Tobacco Directive and have to comply with tobacco rules regarding sale and advertisement.

With the information we know and with the law changing we don't recommend these products for young people. (A person has to be 18 or over to be sold ENDS).

For more information on these products or anything about smoking it is best to talk to an adult you trust or contact DECCA.



REASONS NOT TO SMOKE...



Longer life expectancy



Better skin



Fresher clothes



Better relationship



Save money



Whiter teeth



Improved senses

Giving Up...

There are lots of ways to stop smoking and lots of people who can help! If you are 12 and over you can get Nicotine Replacement Therapy to help with your cravings. This could be patches, nicotine gum and many more.

So if you're thinking about stopping smoking why not have a chat with a learning mentor at school or even the school health nurse. They will be able to put you in touch with someone who can help and might even be able to offer you support themselves!

If you're worried about talking to someone at school you can always get in touch with DECCA directly to seek advice. Just call 0121 569 2201 and don't forget we are a confidential service.

If you are an adult and want to 'give up' please get in touch and we can refer you to the right service.

“ A survey carried out by the department of health showed:

98% of children wish their parents would stop smoking.

82% of children wish their parents wouldn't smoke in front of them at home. ”

THIS IS REALLY IMPORTANT INFORMATION!

The benefits of giving up smoking START as soon as you STOP!

After 20 minutes:

- Blood pressure and pulse rate return to normal
- Circulation in hands and feet improve

After 8 hours:

- Chances of a heart attack start to fall

After 1 day:

- There's no more carbon monoxide left in your body
- Lungs start to clear out mucus and other debris

After 2 days:

- Sense of taste and smell improve

After 3 months:

- Coughs and breathing problems get better
- Yellow tobacco stains on the teeth disappear

After 18 months:

- Lungs have completed their task of clearing out tar and other poisons