

Cigarettes contain **tobacco** which when lit, produces dangerous smoke.

This smoke contains different chemicals including:

- **nicotine**
- tar
- carbon monoxide



**Nicotine** is the chemical that makes smoking **addictive**.

This means that people who smoke regularly can find it **very difficult** to stop, even when they want to.

**Nicotine** can also affect the body in other ways. It can:

- make your heart beat faster
- make you feel sick or dizzy
- cause headaches

Smoking can also lead to poor **mental health**.



Dr Elsie

Smoking cigarettes can increase the risk of anxiety, depression and stress. This can result in a decline in mood and quality of life.



**Vapes** are electronic cigarettes.

**Vapes** work by heating up chemicals to create a **vapour**.

All **vapes** contain chemicals, and many also contain **nicotine**.

Only around 1 in 8 people in the UK **vape**.



Dr Elsie

Breathing in vapour from **vapes** can cause several health problems:

- breathing problems
- coughing
- feeling sick
- headaches
- dizziness



Dr Elsie

The chemicals in **vapes** can also harm the lungs and heart. If a **vape** contains **nicotine**, this adds extra risks because **nicotine** is **addictive** and affects how the body works.

**Vaping** is considered safer than smoking, but it is **not** risk free.

We know that **vapes** can cause **short-term harm**, but unlike cigarettes and **tobacco**, we don't know all the health risks of **vaping** for a long period of time.





Laura

Some people experience peer pressure to smoke or **vape**.

Some people think that smoking and **vaping** will impress their friends.



Sofia



Lucas

Some people think that smoking and **vaping** aren't dangerous.



