

# Smoking...

## did you know?



- It is illegal for anyone under the age of 18 to be sold any tobacco products.
- Shops that do can face prosecution.
- Parents or adults buying for underage children (under 18) can also be prosecuted.
- The link between smoking tobacco and cancer is very clear. It causes at least 15 different types of cancer, including two of the most common, lung and bowel cancer and can contribute to heart disease, stroke, diabetes, respiratory infections, complications in pregnancy as well as certain eye diseases.
- The type of nicotine found in tobacco plants is as addictive as cocaine or heroin.
- Passive smoking is dangerous and can cause many of the same diseases as smoking.
- There is good evidence that children are significantly more likely to start smoking themselves if they have family members or live with people who smoke.
- Smoking around pets can cause pets to develop cancer, as they breathe in the

smoke as well as lick the chemicals which deposit on their fur and the soft furnishings they sit on.

- Illegal tobacco products are available – sold cheaply there is no way of knowing what they contain.
- Illegal cigarettes do not self-extinguish and therefore present a higher risk of fire.



**Bootleg tobacco** - imported without duty being paid.

**Fake cigarettes** - not regulated, found to contain high levels of tar, dirt and even droppings.

**Illicit whites** - made in Eastern Europe or Asia, not regulated, found to contain high levels of tar, dirt and even droppings.

- Free support is available across Cambridgeshire and Peterborough to help anyone from the age of 13 to give up smoking.
- It is never too late to give up smoking



### For more support:

Contact the Healthy You, Healthy Schools Stop Smoking Service:

Email: [healthyschools@healthyyou.org.uk](mailto:healthyschools@healthyyou.org.uk)



[healthyschoolscp.org.uk](http://healthyschoolscp.org.uk)

