

Tobacco

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



What is Tobacco?

Tobacco comes from the dried leaves of the tobacco plant. There are many different types of tobacco including; cigarettes, cigars, shisha and snuff.

Tobacco is often smoked but some types of tobacco can be chewed or even snorted.

Big Guide to... Tobacco & Vaping

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
- Yellowing of fingers and teeth
- Breath smell
- Body and clothes smell
- Sense of taste and smell worse
- Muscles and bones weaker

Top Facts

- Smoking tobacco is the largest preventable cause of death and illness in the UK.
- Around 1 in 2 smokers will die from a smoking related illness.
- Smoking is one of the top five causes of house fires in the UK.
- Smoking 20 cigarettes a day costs around £4000 a year, but that number is always increasing

Illegal cigarettes

Did you know that there are around 7,000 chemicals in tobacco smoke?! And that's the regulated products in shops, illegal cigarettes can contain even more dangerous chemicals!

People who smoke illegal cigarettes are putting themselves at more risk of illness. It is illegal to buy cheap cigarettes from other countries and bring them back, to the UK to sell as they don't follow all the rules and regulations of traditional UK cigarettes. Not only can this result in someone being arrested and/or fined but they are also doing their buyers a lot of harm.

Second-hand smoke

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

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

Everyone can be affected by second-hand smoke including children, family members, pets, the elderly; anyone around the smoker.

Second-hand smoke contains thousands of chemicals, many of which are toxic. Second-hand smoke can cause many illnesses and diseases including cold like symptoms (cough, sore throat, sniffles, sneezing), respiratory infections and asthma. Breathing in second-hand smoke for a long period of time increases the risk of lung cancer and heart disease.

Some long-term effects

- Lung Cancer
- Lung Diseases
- Heart Attack
- Heart Disease
- Stroke
- Diabetes
- Reproductive Issues
- Cancer of various parts of body including; mouth, throat, voice box, oesophagus

What is Shisha?

Shisha is flavoured tobacco. It is popular amongst Middle Eastern countries but has increased in popularity within the UK. It is often smoked socially in shisha cafes and bars.

Shisha is still tobacco, no matter what flavour it is, and it still carries all the same risks and laws as all other tobacco products. But, smoking shisha for an hour is equivalent to inhaling 100 cigarettes worth of smoke.



The Law

- A person must be 18 or over to be sold tobacco products
- It is against the law for an adult to buy someone under 18 any tobacco products
- It is illegal for an adult to smoke inside a car with someone 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
Email: dqa1000@hotmail.com



Drug Education, Counselling and Confidential Advice

The DECCA Team

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

ENDS

Some Nicknames for ENDS:
E-cigs, Shisha Pens, Vapes



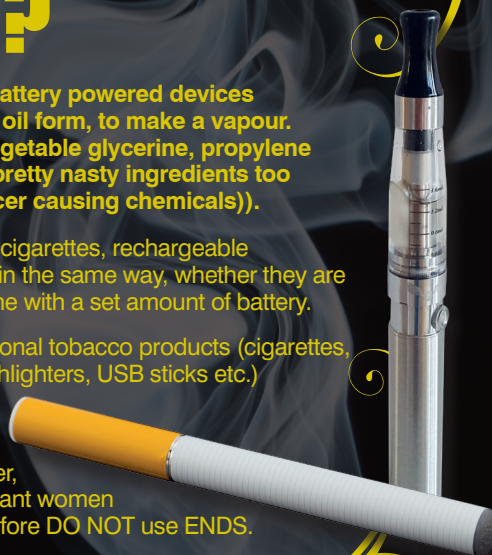
What are ENDS?

Electronic Nicotine Delivery Systems (ENDS) are battery powered devices that heat up a combination of chemicals, in liquid / oil form, to make a vapour. The e-liquid usually contains 3 main ingredients vegetable glycerine, propylene glycol and nicotine, but it can contain some other pretty nasty ingredients too (some of which are known to be carcinogens (cancer causing chemicals)).

There are several different types of ENDS; disposable e-cigarettes, rechargeable e-cigarettes, tanks and mods. All ENDS devices work in the same way, whether they are rechargeable or not – disposable e-cigarettes just come with a set amount of battery.

ENDS can vary in appearance and can look like traditional tobacco products (cigarettes, pipes, cigars etc.) or even household items (pens, highlighters, USB sticks etc.)

ENDS were initially marketed as stop smoking aids. Some smoking cessation organisations recommend the use of ENDS to help people quit smoking. However, it is recommended that children, young people, pregnant women and adults who have never used tobacco products before DO NOT use ENDS.



The Law

- A person must be 18 or over to be sold ENDS or any ENDS product.
- It is against the law for an adult to buy someone under 18 any ENDS products.

Can ENDS cause fires?

Yes. ENDS contain batteries, if these get too hot they can cause fires and even explode. ENDS fires often occur when devices are on charge. Using counterfeit ENDS or incompatible chargers increases the risk of fires happening.



How can vaping affect someone?

Vaping may cause the following effects: Dry mouth, Dry nose, Dry throat, Dry eyes, Dizziness, Sore throat, Cough, Itchiness, Headaches, Stomach ache, Cramps, Heartburn, Nausea, Sweating, Increased heart rate, Worsen asthma symptoms.

The long-term effects of vaping are still very much unknown, and it could take decades to find out any potential harms.

Can the vapour affect other people?

Second-hand vaping is breathing in the vapour which a vaper exhales. The vapour is said to be relatively harmless however as research progresses this may not be the case. Some people have stated that breathing vapour in has led them to feel sick, go dizzy, get a headache or even have their asthma aggravated.

Are ENDS safe?

Current national research states that vapes are safer than traditional tobacco smoking. ENDS are currently under medical license review, meaning that they may soon be a medically available as a stop smoking product. ENDS should only ever be used by adults (over 18's) who are quitting tobacco. ENDS should not be used by under 18's or by adults who have never smoked.

What is nicotine poisoning?

Nicotine poisoning is essentially having too much nicotine in the body. Nicotine poisoning often occurs through ingesting nicotine products but can occur through inhalation and absorption through the skin and eyes.

Symptoms can include; nausea, vomiting, stomach ache, loss of appetite, headache, dizziness, anxiety, confusion, rapid breathing, increased heart rate, elevated blood pressure.

In extreme cases nicotine poisoning can be fatal.

What Are Counterfeit Products?

Counterfeit products are usually cheaper versions of the real thing. Counterfeit products can be very difficult to tell apart from the real products. Counterfeit products tend to be riskier as they often contain more toxic chemicals, more nicotine and sometimes even banned substances.

