

WHAT IS TOBACCO?

CIGARETTES CONTAIN TOBACCO, WHICH COMES FROM THE LEAVES OF A TOBACCO PLANT. IT CONTAINS HARMFUL CHEMICALS SUCH AS NICOTINE, MAKING IT VERY ADDICTIVE.



SMOKING IS VERY EXPENSIVE - IF YOU BOUGHT A PACK OF CIGARETTES EVERY DAY, IT WOULD COST OVER £50 A WEEK!



SMOKERS DON'T HAVE AS MUCH ENERGY FOR PLAYING GAMES AND SPORT



SMOKING MAKES YOU SMELL BAD

SECOND-HAND SMOKE



TO STOP YOURSELF FROM BREATHING IT IN, LEAVE THE ROOM WHILST THEY'RE SMOKING, OR ASK THEM TO MOVE FURTHER AWAY.

WHEN SOMEONE SMOKES A CIGARETTE, MOST OF THE SMOKE FILLS THE AIR AROUND THEM, MEANING THAT ANYONE NEARBY CAN BREATHE IT IN.



WHY DO PEOPLE SMOKE?

PEER PRESSURE



SOME PEOPLE SMOKE BECAUSE THEY FEEL LIKE THEY NEED TO DO IT TO FIT IN WITH THEIR FRIENDS.

SMOKING

CURIOSITY



SOME PEOPLE SMOKE BECAUSE THEY ARE CURIOUS AND THEY WANT TO SEE WHAT IT'S LIKE.



AWARENESS



IN 2020, THE UK PUBLIC SPENT £19.6bn ON CIGARETTES. (STATISTA)

14.1% (6.9 MILLION) OF PEOPLE IN THE U.K. ARE SMOKERS. (ONS.GOV.UK)

ADDICTION



ONCE YOU START SMOKING, IT CAN BE VERY DIFFICULT TO STOP BECAUSE YOU CAN BECOME ADDICTED. SOME PEOPLE SMOKE BECAUSE IT IS TOO DIFFICULT TO STOP.

SMOKING IS BAD FOR YOUR LUNGS, WHICH CAN MAKE IT MORE DIFFICULT TO BREATHE



SMOKING IS BAD FOR YOUR HEART



MOST PEOPLE DON'T SMOKE AND DON'T LIKE PEOPLE SMOKING NEAR THEM

You can order our **free** monthly displays and A3 posters. We can deliver them **free** of charge if you are within the West Midlands. For more information, contact Alison Tel: 0121 744 3214 Email: bookings@white-ribbon.org.uk

WhiteRibbonAssociation	whiteribbon
@WhiteRibbonAsso	white-ribbon.org.uk