



According to the World Health Organisation, tobacco kills more than 8 million people each year, with almost 1.2 of those deaths being a result of passive (second-hand) smoke. Many people your age already know that smoking cigarettes can cause lung cancer and other serious diseases. However, smoking cigarettes can also have immediate effects on your health such as dizziness, headaches, nausea and shortness of breath. Additionally, smoking can change your physical appearance by staining your teeth and nails and causing you to have bad breath.

PHYSICAL AND MENTAL HEALTH EFFECTS OF SMOKING CIGARETTES OR VAPING INCLUDE:

SHORT-TERM HARMS OF SMOKING CIGARETTES:

- Nausea
- Dizziness
- Stained teeth and fingers
- Smelly hair and hands
- Bad breath
- Uncontrolled coughing
- Increased heart rate and blood pressure
- Reduced oxygen to brain and lungs
- Trouble breathing

LONG-TERM HARMS OF SMOKING CIGARETTES:

- Dependence (addiction)
- Reduced physical fitness
- Heart disease
- Depression and anxiety
- Lung disease
- Type 2 Diabetes
- Cancers e.g. lung and throat
- Dental problems
- Breathing problems and other respiratory issues

HARMS OF VAPING:

- Dizziness
- Seizures
- Increased symptoms of anxiety
- Disturbed sleep
- Breathing trouble
- Gum disease, dry mouth and bad breath
- Nicotine addiction
- Eye irritation
- Plastic and electronic waste from the device
- Lower physical fitness

