|  |  |  |  |
| --- | --- | --- | --- |
| 1.  Legal vapes have a limit of 2% nicotine. Some illegal vapes have 5% nicotine, which more than twice the legal safe limit. | 2.  Smoking affects a person’s looks. It stops oxygen getting to the skin. | 3.  Vapes are for adults who want to stop smoking. | 4.  Nicotine is addictive. The more you have, the more you want. Giving it up can be difficult. |
| 5.  Smoking gives nicotine by burning tobacco, which creates harmful toxins that can cause serious disease. | 6.  Nicotine in vapes and cigarettes causes a raised heart rate. | 7.  Smoking harms others and the environment. | 8.  Vapes give nicotine by heating a liquid. |
| 9.  Legal vapes have four ingredients and the UK has strict laws about this. | 10.  Smoking and vaping can cause difficulty sleeping or relaxing. | 11.  It is illegal to smoke in a car with anyone under the age of 18. | 12.  Vaping is 95% safer than cigarettes for adults. |
| 13.  Breathing in second-hand smoke from cigarettes increases the risk of getting the same health conditions as smokers. | 14.  It is illegal to sell vapes to anyone under 18. It is illegal to buy vapes for anyone under 18. | 15.  Cigarettes contain over 5000 chemicals. | 16.  Smoking and vaping can cause money worries or problems. |
| 17.  Giving up nicotine can cause anxiety, headaches and trouble concentrating. | 18.  The tar in tobacco smoke can lead to yellow teeth and nails. | 19.  More than 80% of secondhand smoke is invisible. | 20.  Tar and carbon monoxide are produced by cigarettes. |