Card sort activity (slide 9) – smoking and vaping – Y7 and Y8

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| 1  96% of secondary school pupils in Wiltshire reported that they do not smoke regularly. | 2  Tobacco smoke contains 7,000 chemicals including carbon monoxide and tar. | 3  Tobacco smoke contains toxic chemicals causing disease, disability, and early death. |
| 4  Vaping is less harmful than smoking, but not harmless. | 5  The short-term effects of vaping can include coughing, headaches, dizziness, sore throats, and bleeding gums. | 6  It is against the law to sell vapes or cigarettes to anyone under 18. It is illegal for adults to buy vapes for anyone under 18. |
| 7  Tobacco cigarettes are the most littered item, and they pollute pavements, parks, soil, rivers and seas. | 8  Vapes are meant to help adult smokers quit for good. | 9  Legal nicotine UK vapes have a maximum limit of 2% of nicotine. Illegal vapes can have over twice as much. |
| 10  Nicotine found in vapes and cigarettes is addictive. | 11  Smoking can make your skin wrinkled and grey, stain your teeth and make your breath stale. | 12  Other people and animals can be affected by second-hand smoke. |
| 13  Cravings for nicotine can cause stress and reduce concentration between cigarettes or vapes. | 14  Spending money on cigarettes or vapes means less to spend on other things. | 15  Disposable vapes can be taken to recycling centres to be recycled safely. |
| 16  Each year 600 million trees are cut down for tobacco farming. | 17  Children work in tobacco fields in Malawi instead of going to school. | 18  Advertising of nicotine-containing vapes is banned on TV and radio, newspapers, magazines, and social media. |
| 19  Criminal gangs can exploit young people to sell vapes and cigarettes. | 20  The amount of disposable vapes thrown away each year can fill 22 football pitches. | 21  British American Tobacco were global partners with F1’s McLaren in 2022. |