

Smoking kills!

Did you know that cigarettes contain over 7000 harmful chemicals? More than 70 of those chemicals can lead to cancer related health issues.

Nicotine is the addictive substance in the cigarette and that is what makes you want to smoke more and more and fill up your lungs with toxic smoke.

After smoking, the nicotine stays in your system for 1 to 3 days and when it is gone from your body you will feel sick and have headaches so it isn't worth it!

If you become a smoker, your lifespan will be reduced by 13 years. This is compared to people that are healthy and do not smoke. Wouldn't you rather be healthy and live a longer life?

Around 5 million people in the world die each year due to smoking related sicknesses.



Second Hand Smoke.

Second hand smoke is when you breathe in air that contains the harmful chemicals that someone else already smoked.

If you inhale second hand smoke, it almost has the same result as if you were the one smoking. So if you become a smoker you will also affect the people around you.

What if you are walking around and you smoke near a pregnant woman without realising it? This could seriously affect her baby!

Nicotine lasts on your clothes for many hours or even days. It sticks to your skin as well or even furniture that was in the room while someone was smoking in it. This is also harmful to you if you breathe it in.

Around 41 000 people die each year from second hand smoke. You need to be careful when standing near people who are smoking and also think about the consequences that others will face if you start smoking.



E-cigarettes

Electronic cigarettes, also known as “vape” contain nicotine juice that goes into the device and then gets evaporated through it. The e-cigarette is rechargeable.

Since you insert the juice into it, it comes in different flavours, but don't be fooled because these vapes are actually more harmful than regular cigarettes, this is because in order to get the smoke out, it needs to get burnt within the device.

Recently, the “Juil” was invented. This device is smaller than the e-cigarette but still contains the same qualities.

Now, companies are trying to attract young people by adding flavours and different colours. However there have been a few cases of the juuls exploding in the user's face. It just damaged their face but it is NOT worth it.



