

Reasons Smoking Should be Completely Banned

Smoking Damages Your Health

- Cigarettes contain thousands of poisonous chemicals which taste horrible. Your body tries to get rid of poison by making you feel sick. This is why first time smokers often feel sick and dizzy or may cough a lot - it's their body trying to protect them.
- Smoking damages the heart and blood circulation, making it more likely that someone who smokes regularly will get heart disease or have a heart attack.
- Smoking damages your lungs which makes you feel more out of breath when you exercise. It also makes you more likely to catch coughs and colds or suffer with asthma.
- Worst of all, smoking increases your chances of getting cancer, particularly lung cancer, and other horrible diseases which can kill you.

Smoking damages other peoples health

- People who live with smokers are at risk of developing the same diseases that smokers can get when you are older. This is called secondhand or passive smoking.
- Secondhand smoke can make non-smokers cough or wheeze, and if they have asthma it can make breathing very difficult. It can also give people a headache or make them feel sick.
- Some adults think that if they smoke out of a window in the house or car, it protects other people from their secondhand smoke. They are wrong. Some of the smoke always comes back in.

Smoking is Expensive

- Smoking is really expensive.
- Buying a packet of cigarettes a day adds up to more than £50 a week!
- In fact smoking 20 cigarettes a day for 5 years costs £8000. Imagine what you could buy with that!

Smoking is Addictive

- Lots of people who smoke say they would like to stop. The trouble is, tobacco also contains a drug called nicotine, which is addictive: it means you want more.
- When someone smokes, the nicotine goes into their brain and makes them feel relaxed. When they stop smoking, their brain starts to miss the nicotine and after a while they feel that they would really like to smoke again. If they don't smoke, they feel stressed and uncomfortable, which makes it hard to stop.
- Over 78% of adults who smoke have tried to stop at some point.

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Smoking Stinks!

- Cigarette smoke sticks to your clothes, hair and makes your breath smell horrible.
- People who smoke often don't realise how bad they smell to other people.
- Most people don't smoke and don't like people smoking near them.