

Teachers' notes; second-hand smoke

The following links explain everything you need to know about second-hand smoke (SHS) which is sometimes referred to as environmental tobacco smoke (ETS)

- <https://www.nhsinform.scot/healthy-living/stopping-smoking/reasons-to-stop/second-hand-smoke>
- <https://www.nhsinform.scot/campaigns/take-it-right-outside>

Tobacco Smoke consists of mainstream and side stream smoke:

- Mainstream smoke is smoke breathed in and out by smokers.
- Sidestream smoke is smoke which comes from the tip of a burning cigarette or cigar and makes up 85% (much of which is invisible) of the smoke in a smoky place. Sidestream smoke is about four times more toxic than mainstream smoke, although people inhale it in a more diluted form. This is because sidestream smoke contains much higher levels of many of the poisons and cancer-causing chemicals in cigarettes.

Please note there are **7000** chemicals produced by a burning cigarette: **250** of these chemicals are toxic and just under **70** of them are known to cause cancer.

Up until recently we have used the previous figure, from Cancer Research UK, of 4000 chemicals in cigarettes. However, updated evidence from the US Food and Drug Administration (FDA) puts the figure much higher.

Source: ASH Scotland/Tobacco-Free Schools Resource Pack

Visit: <https://www.ashscotlandmoodle.org.uk>

Legislation:

The Smoking, Health and Social Care (Scotland) Act banned smoking in all enclosed public places and workplaces in Scotland as of **March 26, 2006**.

In Scotland from **December 5, 2016** it became illegal to smoke in a vehicle with anyone under the age of 18. The maximum fine for this offence is £1,000, but an option of a fixed penalty may be offered. The fixed penalty is £100.

Effects of second-hand smoke on animals:

Animals can become ill when exposed to breathing in second-hand smoke, however they don't just inhale smoke. Smoke particles also get trapped in their fur and swallowed when they groom themselves with their tongue. Dogs in smoking households have a much greater risk of lung cancer and nasal cancer, with cats living with a smoker more likely to develop oral cancers. Birds and rabbits are also affected by second-hand smoke. An additional risk for animals both domestic and wild is ingestion of cigarette butts, filters and other cigarette related litter such as cigarette papers or packaging.