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| 1.**Legal** vapes have a limit of 2% nicotine. We don’t know what’s in **illegal vapes.**  | 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.Short term effects of vaping are coughing, sore throat, dizziness and shortness of breath. Don’t know the long-term harms.  | 8.Vapes give adults nicotine by heating a liquid. |
| 9.Legal vapes have 600 puffs at the most 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 much safer than smoking 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. |