

Strongly disagree

Strongly agree



People overstate the risks of using alcohol and tobacco

When people take drugs, they never really know what they are taking

Medications have been well evaluated so there are no risks when taking them

It is important for people to make their own mind up about taking substances

Making healthy choices regarding drugs, alcohol and tobacco is easy

Young people like taking risks and find smoking and drinking exciting

Young people mostly use drugs because their friends do

If adults didn't drink or smoke as much, young people wouldn't either


Fewer school children are using drugs, alcohol and tobacco




Tooth and gum disease	Decreased ability to taste and smell	Increased risk of different types of cancer	Heart problems e.g. increased risk of heart attack in the future	Smoking tobacco leads to clothes, hair and fingers smelling of cigarette smoke	Stale breath and stained teeth
Struggling to exercise or participate in physical activity	Harm to sperm, which may lead to infertility	Lung and breathing problems e.g. bronchitis	Increased risk of experiencing stroke	High blood pressure	Wrinkling of the skin
Police can confiscate tobacco products if someone is under 16	Increased risk of fires	Others can be affected by second-hand/passive smoke	Friends not wanting to spend time with someone who smokes	Spending money on costly cigarettes means less to spend on other things	Some people find smoking unattractive in potential partners
Wanting to smoke more frequently	Cravings causing stress	Increased worry about how to give up smoking	Increased worry about some of the physical and social risks	Low confidence if struggling to quit smoking	Nicotine cravings can reduce concentration between cigarettes



<p>Tooth and gum disease</p> <p>Physical</p>	<p>Decreased ability to taste and smell</p> <p>Physical</p>	<p>Smoking tobacco leads to clothes, hair and fingers smelling of cigarette smoke</p> <p>Physical with social implications</p>	<p>Friends not wanting to spend time with someone who smokes</p> <p>Social</p>	<p>Others can be affected by second-hand/passive smoke</p> <p>Social</p>	<p>Cravings causing stress</p> <p>Mental/emotional</p>
<p>Struggling to exercise or participate in physical activity</p> <p>Physical</p>	<p>Increased risk of experiencing stroke</p> <p>Physical</p>	<p>Harm to sperm, which may lead to infertility</p> <p>Physical with social implications</p>	<p>Spending money on costly cigarettes means less to spend on other things</p> <p>Social</p>	<p>Police can confiscate tobacco products if someone is under 16</p> <p>Social/legal</p>	<p>Increased worry about how to give up smoking</p> <p>Mental/emotional</p>
<p>Increased risk of different types of cancer</p> <p>Physical</p>	<p>Heart problems e.g. increased risk of heart attack in the future</p> <p>Physical</p>	<p>Wrinkling of the skin</p> <p>Physical with social implications</p>	<p>Some people find smoking unattractive in potential partners</p> <p>Social</p>	<p>Wanting to smoke more frequently</p> <p>Mental/emotional with social implications</p>	<p>Increased worry about some of the physical and social risks</p> <p>Mental/emotional</p>
<p>Lung and breathing problems e.g. bronchitis</p> <p>Physical</p>	<p>High blood pressure</p> <p>Physical</p>	<p>Stale breath and stained teeth</p> <p>Physical with social implications</p>	<p>Increased risk of fires</p> <p>Social</p>	<p>Low confidence if struggling to quit smoking</p> <p>Mental/emotional</p>	<p>Nicotine cravings can reduce concentration between cigarettes</p> <p>Mental/emotional</p>




I've never smoked anything before, but my dad used to smoke cigarettes and is trying to quit. The other day, I found his vape and thought I might give it a try.




I've known for a while that a friend smokes. Yesterday they offered me a cigarette on our walk home from school. The rest of our group tried one and then it felt like it was my 'go'.




Last week, I was at my best friend's party and walked into his older sister's bedroom. The air was full of smoke and she and her friends were all sitting in a circle smoking. They invited me to join them.




I went to my auntie's wedding which was held at a shisha bar. My cousin called it a "hookah lounge" and said they are part of our cultural heritage. There was a hookah at each table. Lots of people were smoking from them.



I've never smoked anything before but recently my favourite YouTuber was seen smoking a vape. I've noticed the fruity, sweet smell when I've walked past people on the street vaping. I'm starting to think vaping isn't a big deal.



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peer influence

impressing someone older

culture

taste and smell

family influence

worrying what people might

celebrities