




Buying tobacco for kids isn't doing them a favour

The #notafavour campaign challenges the attitudes behind giving harmful products to children.



In Scotland it's illegal:

-  To sell tobacco to under 18s
-  To buy tobacco on behalf of under 18s
-  For under 18s to try to buy tobacco products

It leads to...

Addiction

Teenagers' brains are still developing and they get addicted to the nicotine in cigarettes much faster than adults do.

They find nicotine more rewarding, underestimate the risks of smoking, and are more influenced by smoking behaviour around them.

The earlier a smoker starts, the more health damage results and the harder it is to quit.



Money worries

In Scotland people who smoke use an average of 12 cigarettes a day. At £10 for a pack of 20 this would quickly add up to **£187.50 a month**, or **£2190 a year**.



Ill health

Smoking early in life has substantial short and long term health risks including cardiovascular damage, reduced lung function, impaired lung growth and asthma.

Smoking is by far the biggest preventable cause of ill health and death in Scotland.



Every cigarette smoked results in **11 minutes** of life lost.

www.notafavour.scot