

TTF2: True/False Statements and Answers

TRUE OR FALSE Statements	
1. The tobacco industry deliberately targets young people to take-up smoking or vaping.	<p>TRUE - The tobacco industry cynically targets young adults calling them 'replacement smokers.' Years of research shows that the advertising and promotion of tobacco products, through media and influencing, encourages young people to experiment with smoking or vaping, and increase their chance of becoming addicted to nicotine.</p>
2. Most young people in the UK either smoke or vape.	<p>FALSE – The 2021/22 Scottish Health and Wellbeing Census showed that 98% of S2 pupils and 95% of S4 pupils do <u>not</u> smoke.</p> <p>2023 data by a YouGov UK wide survey shows that 20.5% of 11-17 year olds had tried vaping (up from 15.8% in 2022 and 13.9% in 2020). However, the majority had only vaped once or twice, while just 7.6% in this group were regularly vaping. Although 7.6% of all UK 11-17 year olds is still a substantial number of young people, the majority in this age group do not vape.</p>
3. Most adults in Scotland smoke.	<p>FALSE 17% of the adult population are smokers.</p>
4. In the last twenty years the number of young people that smoke has increased.	<p>FALSE - The proportion of young people who regularly smoke has decreased over time and is now at its lowest level.</p>
5. Most people who are smokers would like to quit smoking.	<p>TRUE - 68% of Scottish smokers would like to quit. 38% have made one or two attempts to quit and 40% have made three or more attempts. (Scottish Health Survey 2021)</p>
6. Most people wait until they are adults (over 18) before they start smoking.	<p>FALSE – 80% of smokers said they started smoking regularly before the age of 18.</p>
7. Girls are more likely to smoke cigarettes than boys.	<p>TRUE - The gap has decreased over time but girls are still more likely to have tried at least one cigarette and are more likely to smoke if they have characteristics which place them at higher risk of substance use, especially those who have poor mental wellbeing.</p>
AGREE OR DISAGREE Statements	
1. I often see people smoking in films or on the TV so I don't see what is wrong with doing it.	<p>Even though TV and film advertising is banned in the UK - the tobacco industry find other, more subtle, ways around this by including their product in film and TV shows. Years of</p>

<i>research shows that the promotion of tobacco encourages young people to experiment with smoking and increases their chance of becoming smokers.</i>
2. I like the taste and smell of cigarettes or vapes.
<i>Opinion</i>
3. Smoking cigarettes makes a young person look more grown up.
<i>Opinion</i>
4. I smoke/vape because my friends smoke/vape.
<i>Opinion - Most young people don't smoke and never will. We know that nationally 98% of S2 pupils and 95% of S4 pupils are non-smokers. As for vaping, 20.5% of UK 11 – 17 year olds have tried vaping and just 7.6% are regularly vaping. The numbers may however be higher in areas of high deprivation compared to the national statistics.</i> <i>The 2023 YouGov UK wide Survey showed that among 11-17 year olds who had never smoked and for those who were current or former smokers, the most common reason for vaping was "just to give it a try" and the second most common was "other people do it so I join in".</i>
5. Smoking cigarettes is only harmful if you do it for a long time, say 20 or 30 years.
<i>Smoking early in life has long and short-term health risks which begin almost immediately such as cardiovascular damage, reduced lung function, impaired lung growth and asthma.</i>
6. Tobacco companies do not want under 18s to smoke or vape because it is illegal.
<i>The tobacco industry targets young people, calling them 'replacement smokers.' Years of research shows that the advertising, social media influencing and promotion of tobacco and e-cigarettes encourages young people to experiment with smoking or vaping. Experimentation increases their chance of smoking or vaping regularly and initiating their struggle with nicotine addiction.</i>
7. If I saw someone on the TV or in a film smoking a cigarette or vaping it would make me think that smoking/vaping looks attractive.
<i>Same as 6 above.</i>
8. My mum and dad don't mind if I smoke or vape, so I just do it.
<i>If a child's parents smoke, they are three times more likely to smoke themselves. Although there is currently no similar statistic for vaping, due to the strong influence and role-modelling by parents or carers, it could be hypothesised that the same could be said for vaping.</i>
9. Vaping a certain brand of e-cigarettes can make a person look cool.
<i>Opinion - You could go on to talk about why the particular brands are more attractive (e.g. seen on TikTok/Instagram, print ads seen in shops or billboards etc.) and link back to no. 6 above.</i>
10. The dull green colour, warnings and pictures on cigarette packets don't make a difference.
<i>Opinion - Plain, standardised tobacco packaging removes the ability of tobacco companies to promote their product with their attractive and glitzy branding to attract new smokers to their brand and hold on to current smokers. Recognising that plain packs would impact on their</i>

vast profits, tobacco companies used misinformation tactics in an attempt to prevent the switch to plain packs in the UK, but ultimately failed. (To illustrate the point, you can show packaging for any supermarket's own basic/value brand vs. the same branded product e.g. value brand tea vs. a well known tea brand. Use this to discuss how consumers are attracted and influence by this marketing tactic)

What is in a cigarette? (TRUE or FALSE)

1. There are over 5,000 different chemicals in a single cigarette.

TRUE - When a cigarette burns it releases over 5,000 chemicals. At least 250 of these chemicals are toxic and around 70 of those are known to cause cancer.

2. Nicotine in cigarettes and vapes are as addictive as heroin and cocaine

TRUE - Nicotine, cocaine and heroin have similar mechanisms of action that affects the reward pathways in the brain. The drug triggers the brain to release higher levels of a hormone called dopamine which give the feeling of pleasure and reward, however when the levels drop this results in withdrawal and craving for more of the drug. (see TTF3 for a visual)

3. Tobacco companies add ingredients to cigarettes to make them taste better.

TRUE - Tobacco companies profit from creating and sustaining addiction to tobacco. The tobacco in cigarettes is heavily processed to increase the probability of addiction and thereby sustaining dependence on their product.

4. Cigarettes have rat poison in them.

TRUE - Arsenic is found in cigarettes which is a pesticide, a preservative and a poison, hydrogen cyanide is also found which is used as an industrial pesticide.

Cigarettes, the world and the environment (TRUE OR FALSE)

1. The people that work on tobacco farms in Africa make lots of money.

FALSE - Farmers who grow only tobacco are at the mercy of tobacco agents who can decide to cut the price they pay without any notice, creating financial insecurity, whereas those who grow food crops can harvest food produce and sell it at market the next day.

2. In Africa children work on tobacco farms in dangerous conditions.

TRUE - Employment in tobacco fields includes practices such as very low wages and child labour. In some developing countries during peak labour demands, children may even be withdrawn from school to work in tobacco fields.

3. Working on tobacco plantations can make young people very ill.

TRUE - Farm workers can suffer severe health impacts such as increased cancer risks from exposure to chemicals and the nicotine-induced illness, green tobacco sickness, caused by skin exposure to tobacco leaves.

4. 200,000 hectares (an area the size of London) of forest are cut down each year so that the tobacco industry can grow tobacco.

TRUE - Tobacco farming also causes deforestation for growing space and fuel wood for the curing process – in Tanzania alone, over 61,000 hectares of forests are lost every year due to

tobacco growing and curing. Deforestation results in reduction or loss of animal species in certain habitats, soil erosion, aridity and contributes to climate change. (see TTF4 for visuals)

5. You can't grow food on tobacco fields

FALSE - Tobacco farming displaces food crops – globally, 5.3 million hectares of land suitable for farming are currently under tobacco cultivation. More than 10 million people could be fed if food crops were grown instead of tobacco in low- and middle-income countries. (See TTF4 for visuals)

6. Smoking related litter is the most common type of litter in Scotland.

TRUE – The plastic pollution from cigarette filters in Scotland is enough to fill 50 bin lorries. It's estimated that clearing smoking related litter costs the Scottish economy £34million each year. They leak toxins that can contaminate water, harm the environment and wildlife can mistake them for food. (see TTF4 for visuals)

7. Cigarette ends/butts are biodegradable and decompose quickly and naturally.

FALSE - Cigarette butts take up to 15 years to degrade. Cigarette filters are made of cellulose acetate, a type of plastic, and are not biodegradable.

8. You can get fined for buying cigarettes or vapes if you are under 18

TRUE – Buying cigarettes or vapes could result in fines for both you and the shop or supplier. It is an offence to sell/supply cigarettes or vapes for someone under the age of 18 (e.g. selling vapes in school). Anyone convicted of illegally supplying cigarettes or vapes to someone under 18 would face a criminal record and could be asked to pay a hefty fine.

E-cigarettes (AGREE OR DISAGREE)

1. E-cigarettes are risk free

E-cigarettes are less toxic than cigarettes, however they are NOT harmless.

The longer-term health effects of vaping are still emerging, but it is already clear that these are health-harming products.

2. E-cigarettes are not addictive

The majority of e-cigarettes contain nicotine (although some don't) so they are addictive.

3. E-cigarettes can help you quit smoking

Using an e-cigarette is expected to be less harmful than smoking tobacco, while not entirely safe. This suggests that anyone using tobacco will greatly reduce their health risks by changing to an e-cigarette – but to get these benefits they should stop using tobacco completely and gradually cut down to quit using nicotine completely.

4. Under 18s can buy or get e-cigarettes from a friend as long as it's not from a shop

In Scotland new legislation came into force in 2017 making it illegal for anyone to sell e-cigarettes to under-18s, or to buy e-cigarettes on their behalf. Anyone illegally supplying or selling e-cigarettes to under 18s (e.g. in school) can be prosecuted. It is not illegal for a young person to possess or use one.

5. You should only vape if you want to quit smoking

*E-cigarettes are useful **only** as a potential route towards stopping smoking. They are not products for young people or non-smokers because they are health harming products. There is strong data indicating that vaping may create a new route into smoking, with young people being 3x more likely to smoke tobacco.*