When you hear the word ‘tobacco’, what products come to mind?

Do you think most people know that tobacco can come in forms other than cigarettes?

Have you noticed changes in the types of tobacco products people use?

Many people see shisha as a social activity rather than smoking. Why do you think that is?

Were you surprised to learn that shisha can increase the risk of cancer?

Have you come across products like naswar, gutkha or paan in your community?

Were you aware that tobacco use is linked to many different types of cancer, not just lung cancer?

What symptoms of cancer do you think people are most likely to ignore?

Why do you think some people delay seeking help when they notice symptoms?

NHS

TRUE OR FALSE

You are only at risk if you smoke cigarettes. **FALSE**

Chewing tobacco is safer than smoking. **FALSE**

If you don't inhale smoke, it won't affect your health. **FALSE**

People who use shisha or chewing tobacco can get support to quit. **TRUE**