



Things you can't buy until you are older

age restricted sales





What are age restricted sales?



There are some products that you can't buy until you're a certain age. These include tobacco products such as cigarettes, alcohol, knives, solvents and fireworks.



Why can't you buy them?



It's because they can be **dangerous**. Although things like cigarettes will damage someone's health whatever age they are, the effects of tobacco on someone whose body is still growing, like yours, is even worse!



remember:

The law is there to protect you!



Alcohol

Alcohol is a poison, so why do people drink it? Some people drink alcohol because it makes them feel less shy and more relaxed and confident. But as they begin to relax they often feel they can do anything without seeing the risk to their own and others' health and safety. This could be starting a fight, driving home after having a drink or walking home on their own late at night.

Other side effects include:

- BAD HEADACHE
- DOUBLE VISION
- FEELING SICK
- LIVER DAMAGE
- LOSS OF MEMORY
- SLURRING WORDS
- GETTING UPSET



remember:

Don't mess with alcohol!



Cigarettes

At the moment you have to be at least 18 years old to buy cigarettes. Also, from July 2007, it became illegal to smoke indoors in a public place or place of work.



We have all seen the adverts on television that talk about smoking. Which ones can you remember?



Tobacco contains 4000 chemicals. These include tar (the same as they use on the roads), paint stripper, pesticide, ant killer, petrol fumes, lighter fuel, embalming fluid and insecticide - to name just a few!

Over 40 of these chemicals cause cancer.



Why do people smoke?

Cigarettes contain nicotine which is very addictive. Once someone has started smoking it can be very hard to give up, even if people know it is dangerous. A lot of older people started a long time ago when they didn't know the dangers and now find it hard to stop because their bodies need the nicotine.



remember:

Don't mess with cigarettes!



Cigarettes (continued)

Even though everyone knows the dangers nowadays, 150 young people start smoking every day. If they carry on smoking throughout their lives, their lifespan could drop by 23 years. That's a very long time! For further information on alcohol and smoking, go to www.lifebytes.gov.uk



To help someone quit smoking contact the **NHS Smoking Helpline** on **0800 169 0169**. Lines are open everyday from 7am to 11pm.



Knives

Did you know that if the police find someone carrying a knife without a good reason, they could be fined or go to prison?



Another fact about knives is that if someone is carrying one, they are at greater risk of having it used on themselves. Carrying a knife for self defence is not a good idea. The safest thing to do is not carry one at all. Let an adult know straight away if you think someone is carrying a knife.



remember:

Don't mess with knives!



Solvents

Solvents are chemicals that are in some products like glue and aerosols.

Did you know that one in three people die the first time they abuse solvents?

Side effects include blackouts, being sick, suffocation and brain damage. It can even put you into a coma.

For further information on solvent abuse, go to www.re-solv.org



remember:

Don't mess with solvents!



Fireworks

You have to be 18 to buy fireworks and 16 to buy caps and throw downs. This is because fireworks can be extremely dangerous if they're not used properly. Over half of firework injuries happen to children who are aged 15 or younger.



Did you know a sparkler is 15 times hotter than boiling water?



For more information on fireworks, go to www.dti.gov.uk/fireworks/games.htm

DVDs and computer games



All DVDs and computer games are divided into age ratings based on their content.



The British Board of Film Classification (BBFC) has to see every film or game when it is released and decide who can see it. If they think the film or game is not suitable for young people they give it an "18" certificate.



remember:

Don't mess with fireworks!



Got any questions?

Give us a ring!

Telephone: 823370
or use the websites:



For further information on solvent abuse,
go to www.re-solv.org



For more information on fireworks, go to
www.dti.gov.uk/fireworks/games.htm

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