

SMOKING ROLLIES



Some people think roll-up cigarettes (rollies) are safer than ready-made cigarettes. They're not.

- Rollies contain the same tobacco and many of the same harmful chemicals as factory-made cigarettes.
- Tobacco smoke contains around 7,000 chemicals, including many that cause cancer.
- Rollies still expose your body to nicotine, which is highly addictive.

Roll-up tobacco is just as harmful and addictive as any cigarette.

MYTHS

There are lots of myths about rollies, but the truth is:

1 "Rollies are more natural, so they're safer."

Roll-up tobacco is still processed and produces smoke containing thousands of harmful chemicals.

2 "They're smaller so they're not as bad."

Even one cigarette exposes your body to toxic smoke. Rollies often contain more tobacco than factory-made cigarettes.

3 "They're cheaper so they're a better option."

Cheaper tobacco is still harmful and can still lead to addiction.

SMYGU ROLIAU



Mae rhai pobl yn meddwl bod sigaréts rholio (roliau) yn fwy diogel na sigaréts parod. Dydy hynny ddim yn wir.

- Mae roliau'n cynnwys yr un tybaco a llawer o'r un cemegau niweidiol â sigaréts parod.
- Mae mwg tybaco'n cynnwys tua 7,000 o gemegau, gan gynnwys llawer sy'n achosi cancer.
- Mae roliau hefyd yn rhoi nicotin yn dy gorff, sy'n hynod gaethiwus.

Mae tybaco rholio yr un mor niweidiol ac yn yr un mor gaethiwus ag unrhyw sigarét.

MYTHAU

Mae 'na lawer o fythau am roliau, ond y gwir yw:



“Mae roliau'n fwy naturiol, felly maen nhw'n fwy diogel.”

Mae tybaco rholio yn dal i gael ei brosesu ac yn cynnwys cemegau niweidiol.



“Maen nhw'n llai felly dydyn nhw ddim mor wael.”

Gall hyd yn oed un sigarét roi mwg gwenwynig yn dy gorff. Mae roliau'n aml yn cynnwys mwy o dybaco na sigaréts parod.



“Maen nhw'n rhatach felly maen nhw'n well.”

Mae tybaco rhatach yn dal yn niweidiol ac yn gallu arwain at gaethiwed.

