



TOWN OF
READING
MASSACHUSETTS

Reading Board of Health Tobacco Sales Regulation:



The 'Nicotine Free Generation' Tobacco Sales amendment will become effective on January 1, 2025.

This prohibits the sale of any tobacco/nicotine products to anyone born on or after January 1, 2004.

Violations of this amendment may result in fines to the establishment up to \$5000.00 and potential suspension or revocation of tobacco permit.

Cities with Nicotine-Free Generation Policies:

- **Brookline:** The first in Massachusetts to pass this type of law in 2020, prohibiting sales to anyone born on or after January 1, 2000.
- **Somerville:** Banning sales to anyone born on or after January 1, 2005.
- **Concord:** Prohibiting sales to anyone born after January 1, 2004.
- **Melrose:** Will enact a Nicotine-Free Generation policy starting in 2025.
- **Needham, Chelsea, Belchertown, Newton, Pelham, Stoneham, Wakefield, Winchester, Reading, Malden, and Manchester-by-the-Sea** have also adopted similar bylaws after the Massachusetts Supreme Judicial Court upheld Brookline's law.



Get the Facts on **SMOKING**

THE TOBACCO INDUSTRY

spends billions of dollars
each year on marketing
cigarettes



NETFLIX prime video hulu
max apple tv+ Disney+
peacock YouTubeTV

53% of top
streaming
shows

most popular among
teens contained
tobacco

**YOUTH WHO ARE
exposed to smoking
in movies are**

3x more

**likely to begin
smoking**



98%
of youth
**don't smoke
cigarettes**

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Get the Facts on **SMOKING**



MENTHOL

makes cigarettes easier to smoke and harder to quit



56%

of
**Black/African
American
youth**
who use
cigarettes
smoke
menthols



Cigarettes contain
600 INGREDIENTS
and at least
69 CAUSE CANCER



Cigarette smoke
contains more than
**7,000
CHEMICALS:**

- **Cyanide:**
deadly poison
- **Mercury:**
metal
- **Ammonia:**
common household cleaner





Get the Facts on **E-CIGARETTES & VAPING**

FEELINGS OF

STRESS,

ANXIETY,

**AND
DEPRESSION**

**ARE THE
MAIN REASON
WHY YOUTH VAPE.**



**IT'S NOT
JUST
WATER
VAPOR!**

**Aerosol from vapes can
contain nicotine,
trace metals,
ultrafine particles, and
cancer-causing chemicals.**

**YOUTH
WHO
VAPE**

**are 2X
more likely
to develop
asthma.**



**VAPING
CAN DAMAGE
YOUR LUNGS
AND BODY.**

LUNG EFFECTS:
coughing,
shortness of breath,
and chest pain.

**OTHER HEALTH
EFFECTS:**
cold sores, cavities,
nose bleeds, and acne.

Say What! is a program of the Texas School Safety Center at Texas State University and is funded through a contract from the Texas Department of State Health Services Tobacco Prevention Initiative.

TEXAS STATE
TEXAS SCHOOL SAFETY CENTER

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TEXAS
Health and Human
Services

Texas Department of State
Health Services

Get the Facts on E-CIGARETTES & VAPING

**A VAPE THAT
CONTAINS**

**50 mL of nicotine
is equal to:**

**1,000
CIGARETTES
OR 50 PACKS.**



A tobacco product
that claims to be

**“TOBACCO-FREE”
OR “NON-TOBACCO”**

**still contains
NICOTINE.**

**TOBACCO
COMPANIES
TARGET
YOUTH WITH
FLAVORED
VAPES LIKE**



**TROPICAL TWIST,
ROOT BEER FLOAT,
GUAVA ICE,
AND STRAWBERRY
WATERMELON.**

**E-CIGARETTES
ARE TOXIC WASTE**

which can leak harmful
chemicals like nicotine,
mercury, and battery acid
into our environment.



**YOUTH ARE
3X MORE LIKELY**

to start vaping if they
watch shows that feature
TOBACCO USE.

Two out of three youth who vape report seriously thinking about quitting.

If you or someone you know wants to quit,
text **VAPEFREETX** to 88709 for free, confidential help.