



# Menu Of Addiction

## WHAT'S BEING SERVED?

The truth about nicotine products and their hidden risks

# What is *Addiction?*

Addiction happens when someone craves something so much that **they can't stop**—even when it's harmful. It can take over their thoughts, feelings, and choices.



# Meet Sneaky Nicotine

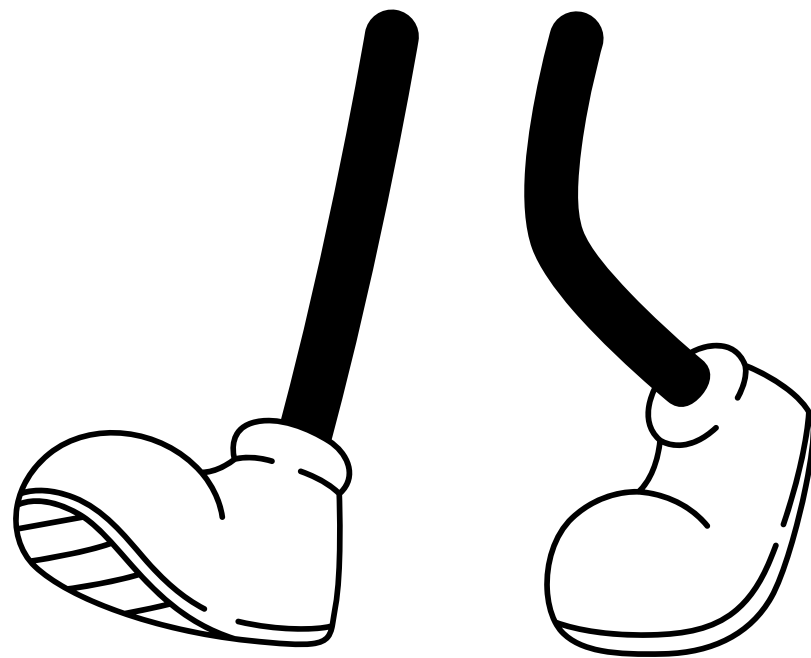


Nicotine is a chemical found in tobacco plants. It's **highly addictive**, which means it makes people want to use it **again and again**.

## ACTIVITY

# *What Do You Think?*

How might someone who is addicted to nicotine feel and behave?



# Nicotine Withdrawal

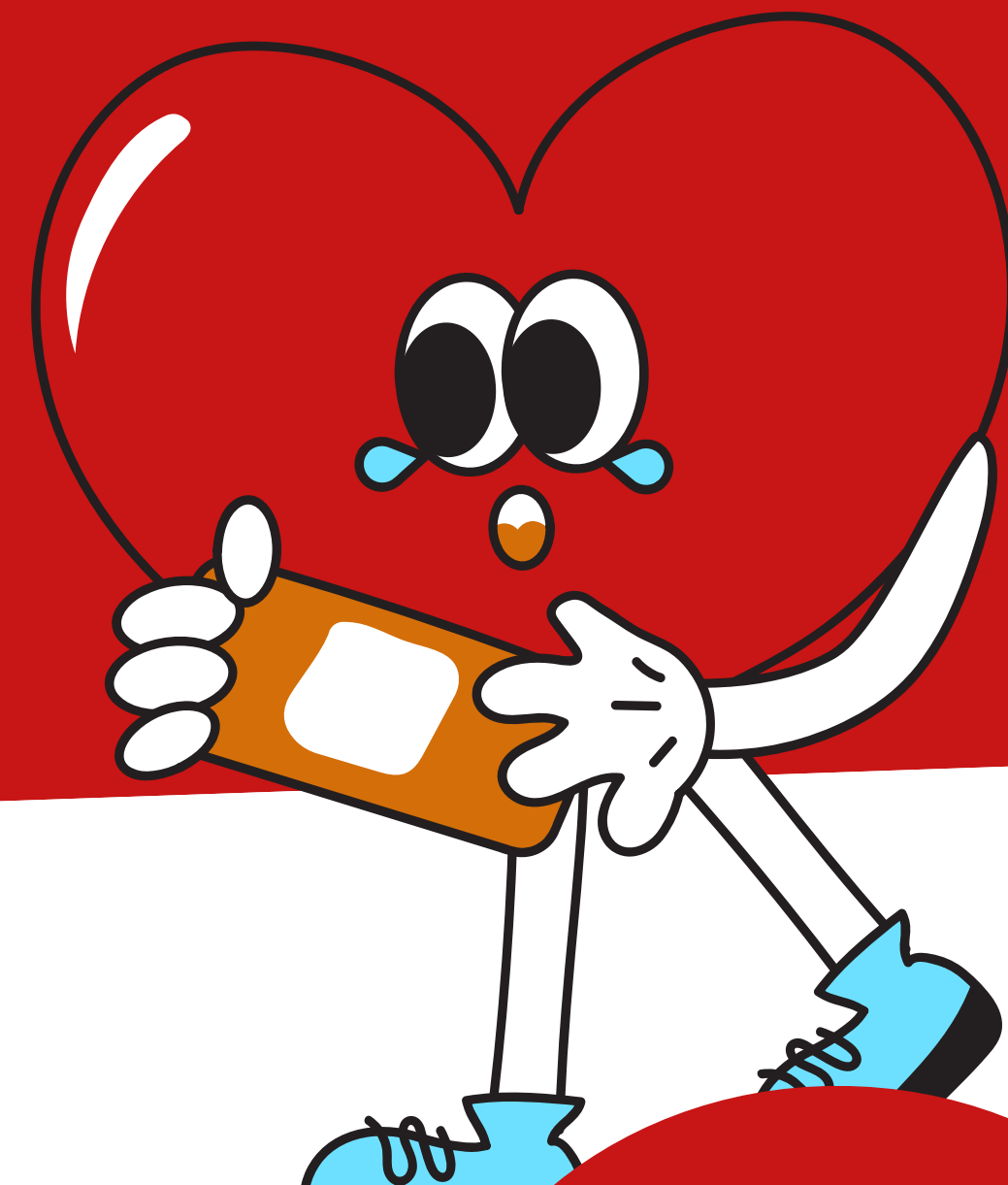
**Irritability** and **mood swings**

**Anxiety** and **restlessness**

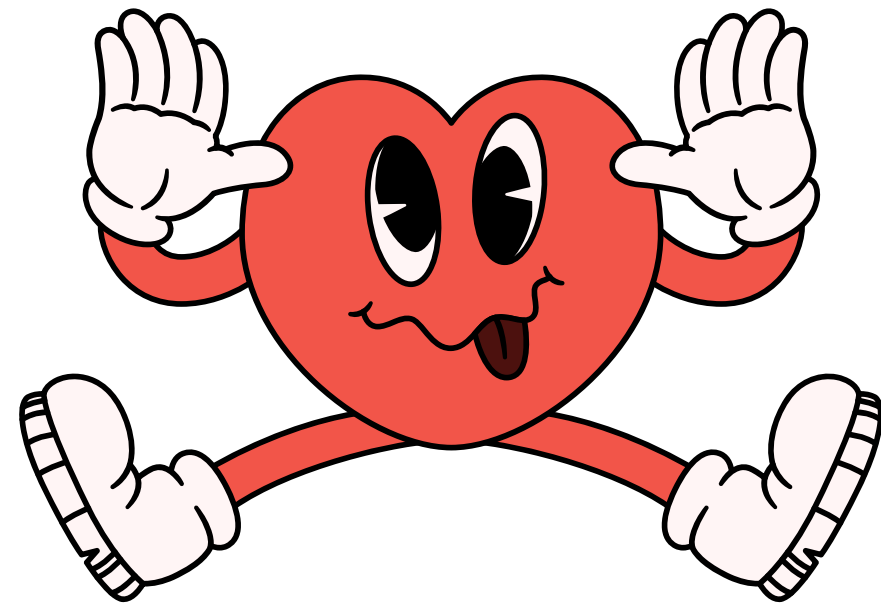
Trouble concentrating

Increased appetite

**Insomnia**



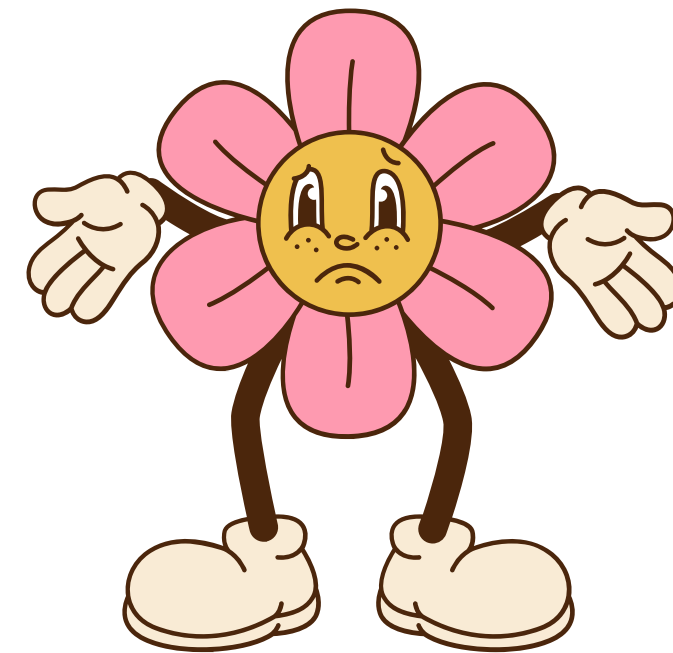
# What Does Nicotine Do?



**Speeds** up your **heart** and **raises** your **blood pressure**.



It **tricks your brain** into wanting more, even if it's harming your body.



**Anxiety, mood swings,** and **health problems** over time.

# What products have Nicotine?



## GROUP TASK

# Create a Menu

Design a Healthy Menu with items that are good for your brain and body

OR

Create your own "Menu of Addiction," highlighting harmful things people become addicted to





# Who are Big Tobacco?



Big Tobacco = Giant companies that sell nicotine products.



They make millions by keeping people addicted.



They target young people to become lifelong customers.

# How They Target You?



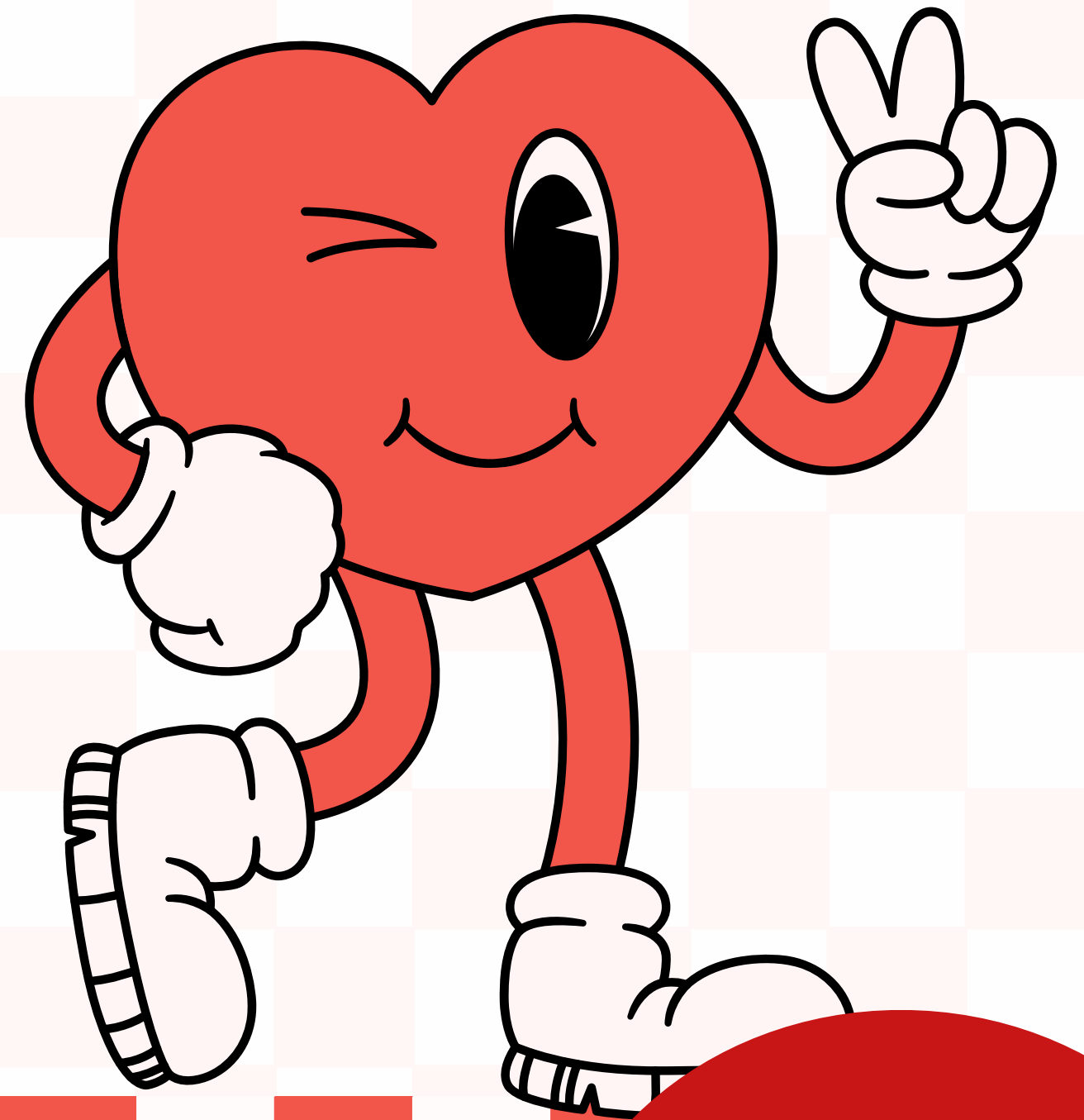
# Can You Spot The Difference



## GROUP TASK

# *Why I won't start*


- Brainstorm 5 reasons why you'd say "NO" to nicotine.
- Turn your reasons into a creative poster with drawings, slogans, or symbols.
- Share your ideas with the group!



# Illegal Tobacco & Vapes



Cheap products  
**sold without  
ID checks.**



Can contain even  
**more harmful  
chemicals.**



**Fuels criminal  
activity** and hurts  
young people.

# How To Know If It's Illegal?

- **It's super cheap** – If the price seems too good to be true, it probably is.
- **It doesn't have health warnings** – Legal products must have warnings like "Smoking kills" or "Contains nicotine."
- **It has strange packaging** – If it looks fake, has no brand name, or uses weird fonts and colors, it could be illegal.
- **The seller doesn't ask for ID** – If someone sells it to you without checking your age, they're breaking the law.
- **It's sold in odd places** – Like a van, a car boot sale, or under the counter in a shop.



**DIM ESGUS.  
BYTH.**



**NO IFS.  
NO BUTTS.**

**[Nolfs-Nobutts.co.uk](http://Nolfs-Nobutts.co.uk) - report underage sales, illegal vapes and illegal cigarettes**

