

230 posts

charli
@andjuli
dame



cristiano

Follow

Message

3,821 posts 648M followers 591 following

Cristiano Ronaldo
SIUUUsubscribe to my Youtube Channel!
avathletes.com

Followed by wyburnandwayne, nathanwyburnart, and walk



mrbeast

Follow

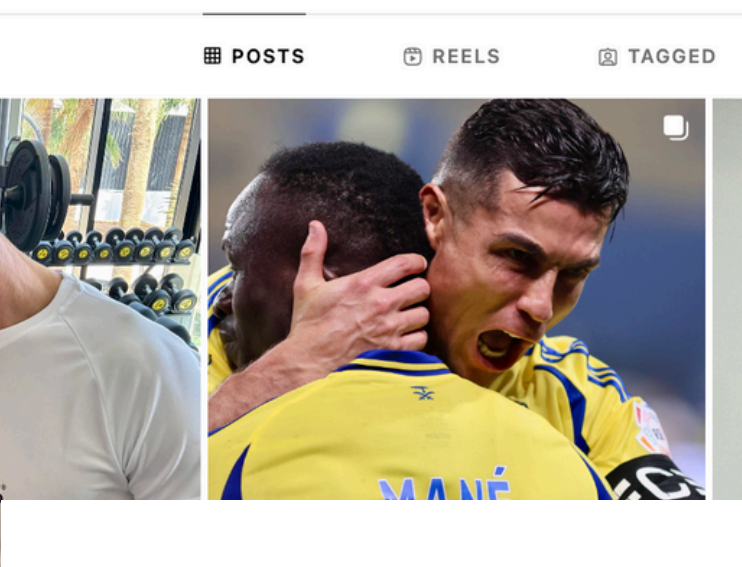
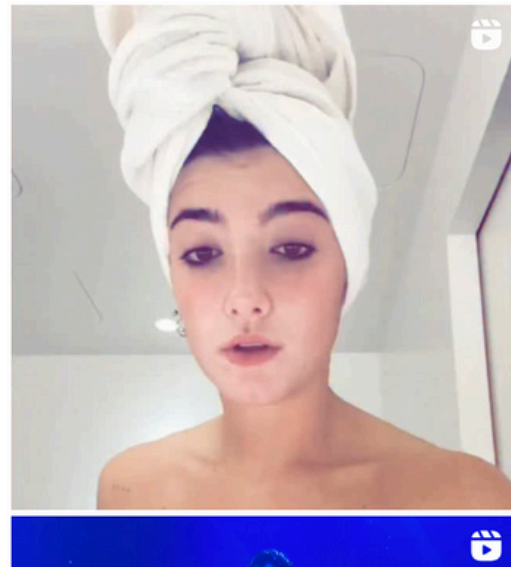
Message

356 posts 65.5M followers 644 following

MrBeast
My New Show Beast Games is out now on Prime Video!
unfur.ly/BeastGames

789 following

POSTS



POSTS

REELS

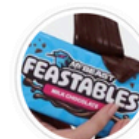
TAGGED



Beast Games



Cool Peeps



Feastables



India



Operation C...



Basketball



Football

POSTS

REELS

TAGGED



TAGGED



kyliejenner

7,150 posts

Kylie

kyliejenner

@kyliecosmetics @kylieskin @khy @drinksprinte
kyliecosmetics.com + 1

Followed by wyburnandwayne, nathanwyburnart, and



mollymae

Follow

Message

1,273 posts 8.5M followers 748 following

Molly-Mae
Founder @maebestore @filterbymollymae
Home @mollymaison
Contact: Fran@FB-commercial.co.uk
maebe.co.uk

Followed by nhs and westwaleschronicle

miniminter

Follow

Message

411 posts 6.3M followers 525 following

miniminter

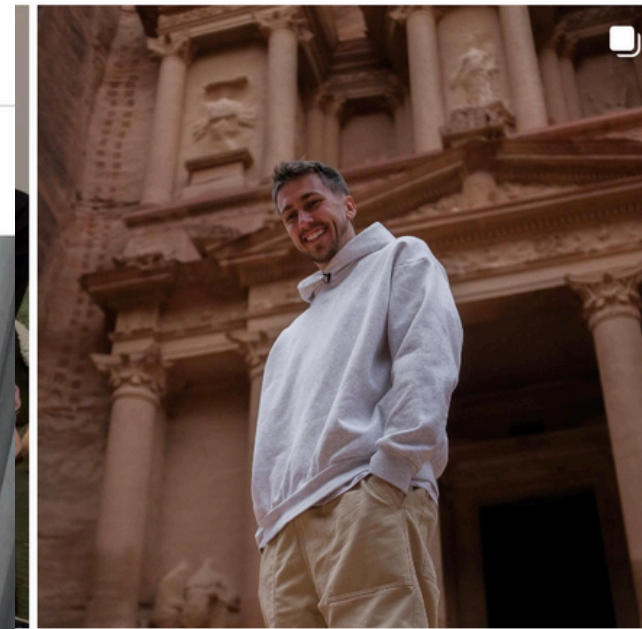
miniminter

YouTuber that posts some pictures.

POSTS

REELS

TAGGED



POSTS

REELS

TAGGED



MEET NIC-OH



The Influencer
Everyone Knows

08:20 PM 5G 20%

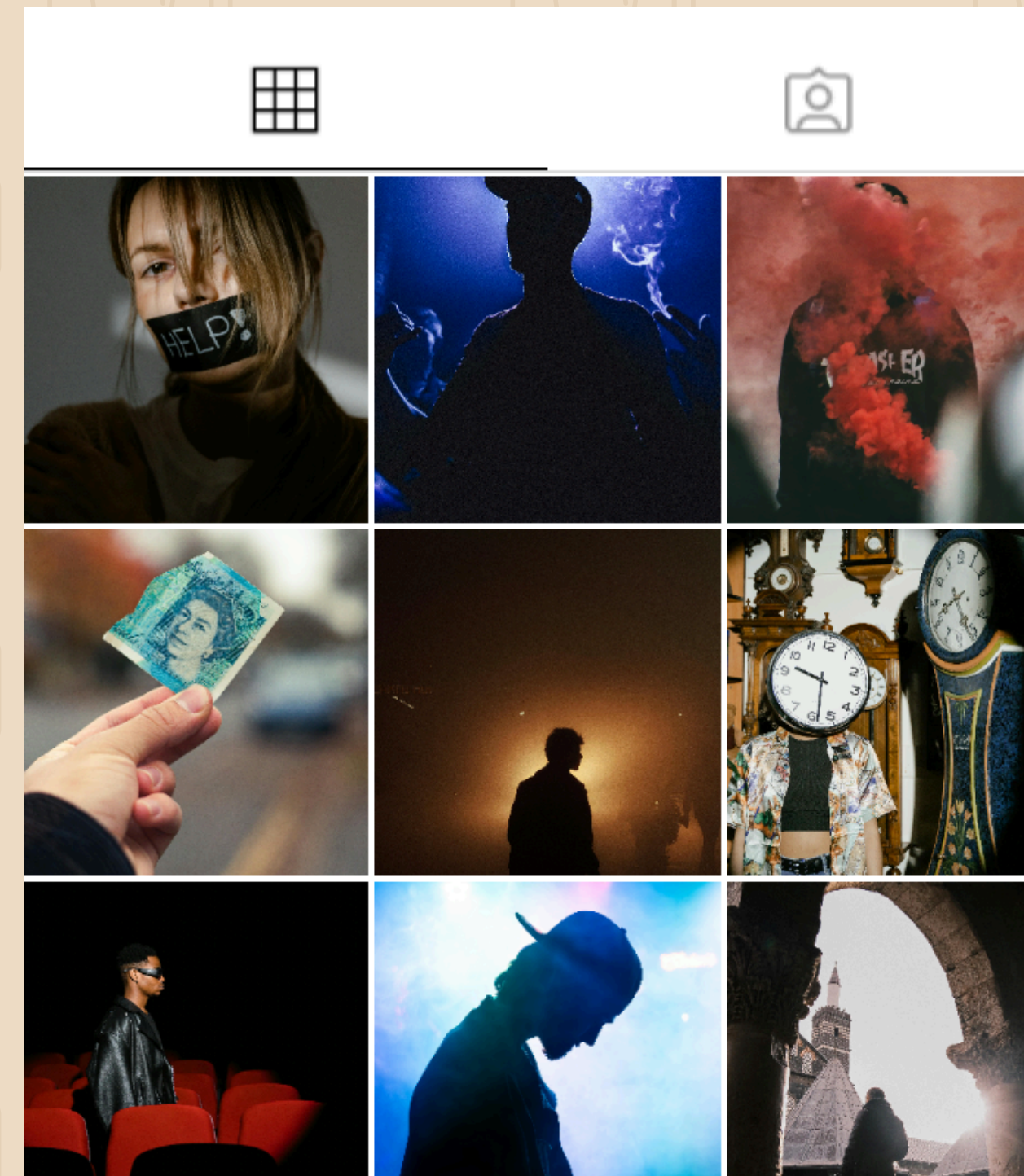
nic-oh-time

38M Posts 3.2B Followers 1 Following

Nic-Oh
I'm not going anywhere... and neither are you 😏
[Facebook profile](#) and 1 other link

[Edit Profile](#) [Share Profile](#)

Vibes 24/7 CHILL Tick-Tok 😏





927,323 likes

Nic-Oh Always here when you need me 🥰 ... more

View all 121,220 comments

PixelPiper Only thing that gets me through the day NGL 🥰

EchoInTime Fr always got my back no matter what.



330,596 likes

Nic-Oh Just me and you 😊 ... more

[View all 330,596 comments](#)

Clarissaa Always there when I need a break 💛

FroggyFeet42 my ride or die 🔥

Nic helps me when I'm stressed

Nic is ALWAYS there for me. No matter what.

Nic makes everything feel easier in the moment.

I see Nic every day! What would I do without them?!

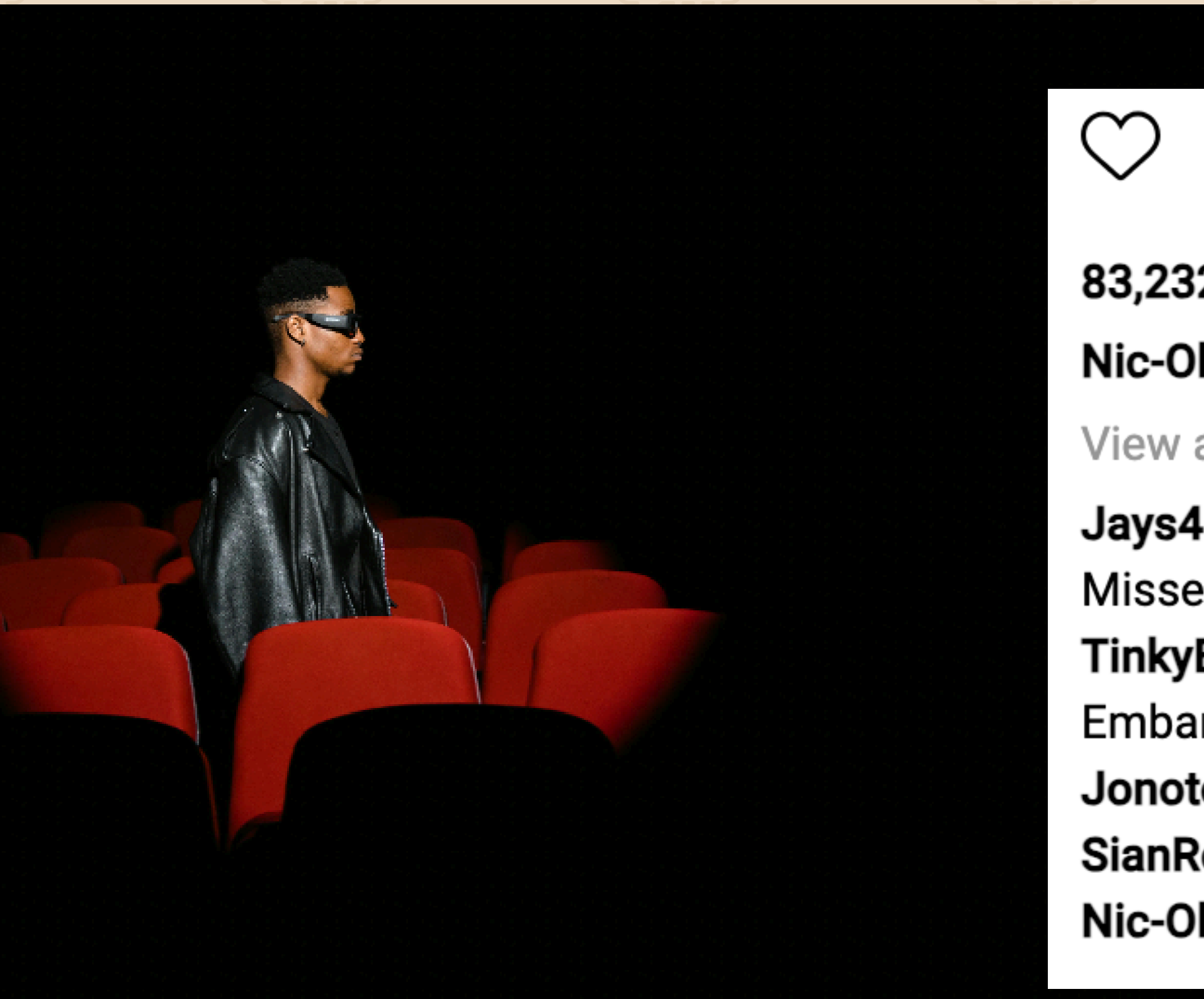
Nic makes me feel soooo confident

WOULD YOU FOLLOW NIC-OH?

UNFOLLOW

FOLLOW





83,232 likes

Nic-Oh They had fun... but you had me. 🤔 ... more

[View all 45,344 comments](#)

Jays4Days Lowkey starting to feel like I got played. 🤪

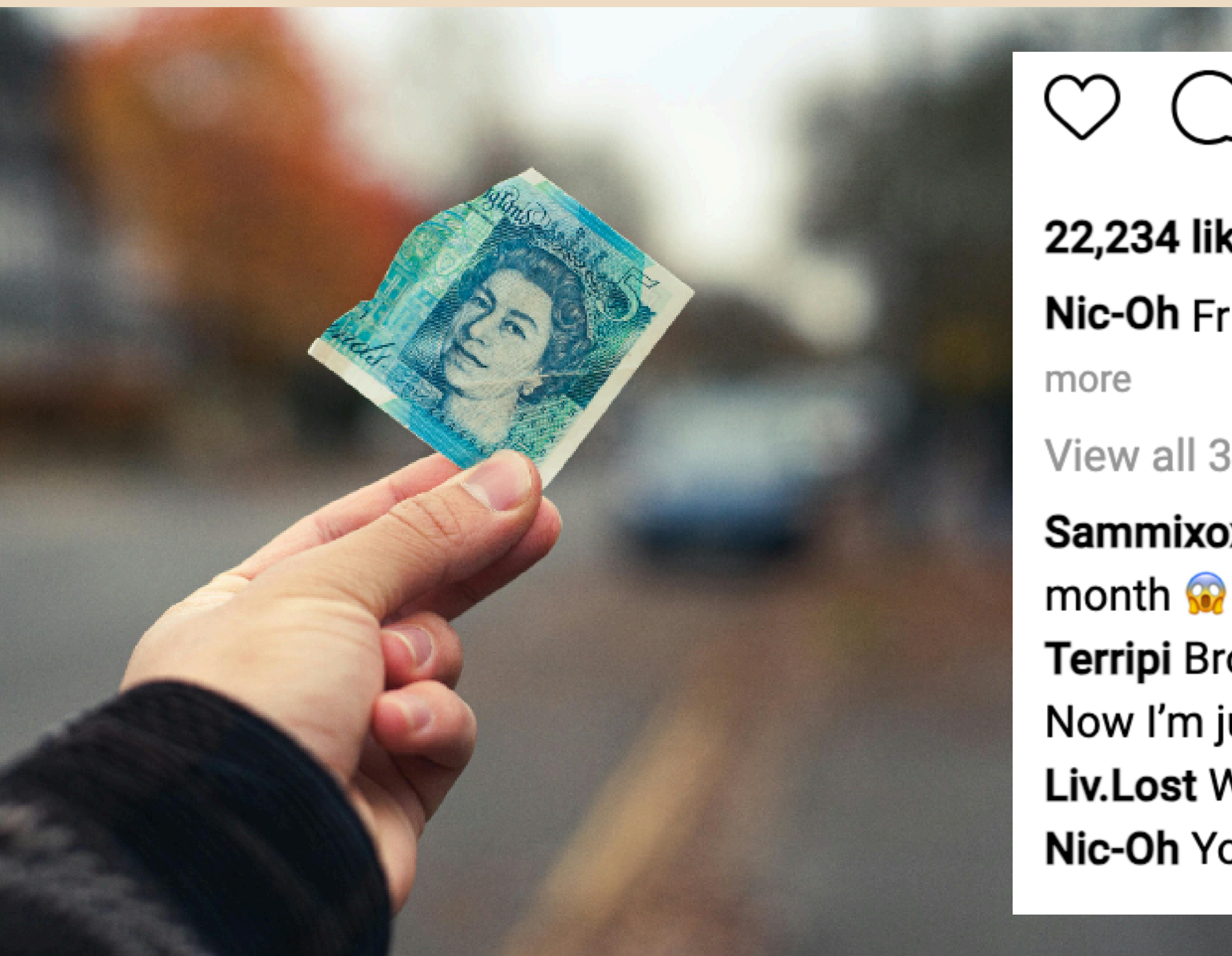
Missed the end of the film AGAIN

TinkyB Ugghh everyone is talking about it and I wasn't there.
Embarrassing 😞

Jonotothemoon Missed the winning goal for this 😭

SianRo SO ANNOYING you made me step outside again 🤦

Nic-Oh Chill Sian! Send a DM sounds like you need me 🙄



22,234 likes

Nic-Oh Friendship comes a price. Worth it tho right? 😊 ...
more

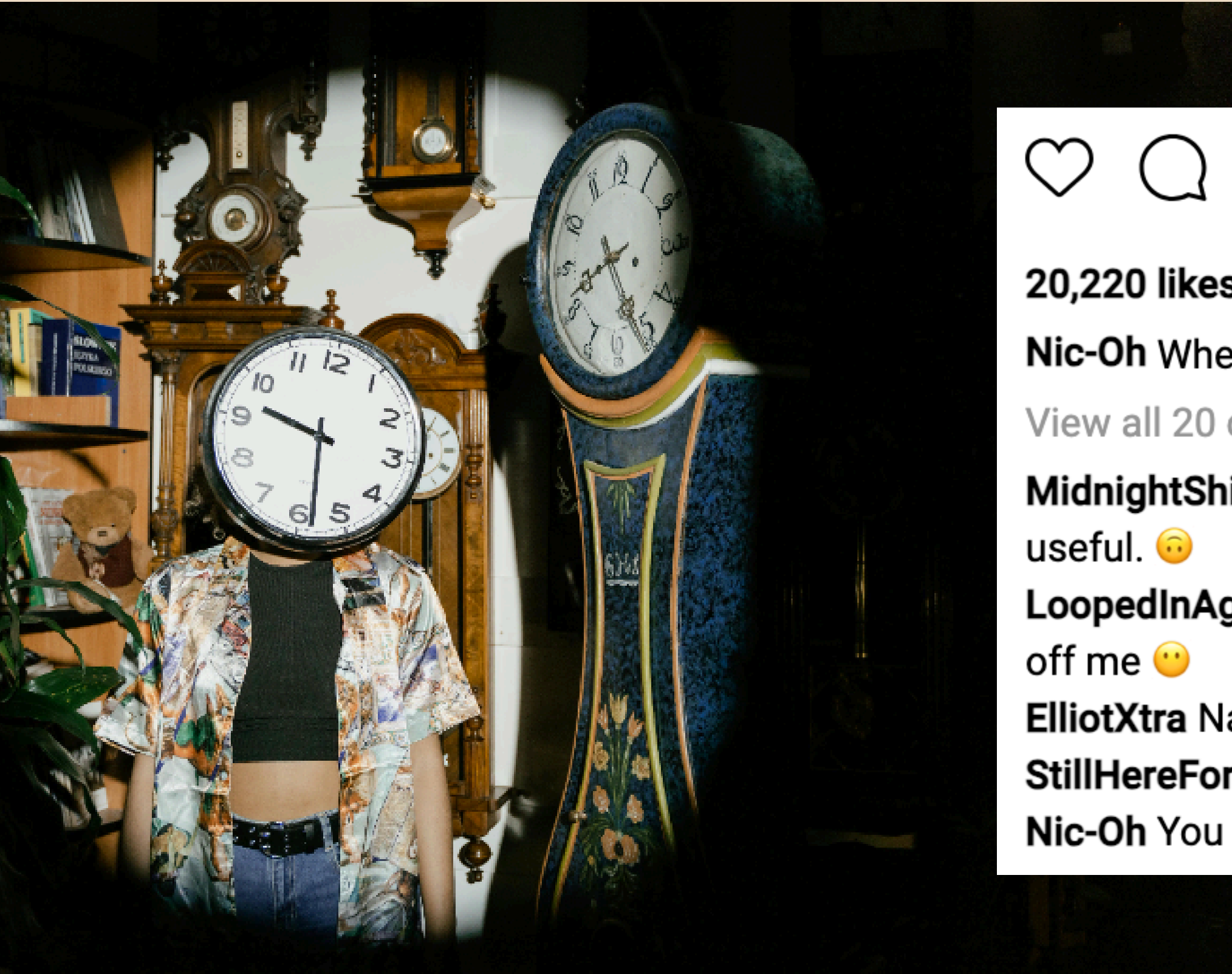
[View all 34,283 comments](#)

Sammixoxo Can't believe how much I've spent on YOU this month 🤯

Terripi Brooooo! I was THIS close to copping those Nikes. Now I'm just broke. 😭

Liv.Lost Why am I giving you all my money nic???? 😞

Nic-Oh You keep coming back. 😂 I must be worth it! 😊



20,220 likes

Nic-Oh Where does the time go? 🤯 ... more

[View all 20 comments](#)

MidnightShift Probably where my money went... nowhere useful. 🙄

LoopedInAgain I blink and you've taken another 20 minutes off me 😏

ElliotXtra Nahhhh but real talk... you're draining me 😴

StillHereForSomeReason Lost another year to you. Wild. 😏

Nic-Oh You say that.... but you're all still here 🤯

Noooo you're taking too much money from me!!

I don't even want to be here 🙄 but I can't leave.

I swear I felt better before I met you, but now I just feel drained all the time...

I missed so much because of you. 🙄

Didn't I unfollow you?

My friends literally hate me being around you.



Nic-Oh: You keep saying you'll leave... but you never do. We both know why.



WHO IS NIC-OH?

Nic-Oh is an addiction.

Nicotine.

HOW NIC-OH HOOKS YOU

- Nicotine is the ultimate influencer—it tricks your brain into thinking you need it.
- It hijacks your brain's reward system, making you crave more, even when you don't want to.
- It convinces you that quitting is impossible—but that's just the addiction talking.
- It makes you feel like life is better with it, but in reality? It keeps you hooked.
- You don't follow Nicotine—**Nicotine follows you.**

SIDE EFFECTS OF NIC-OH?



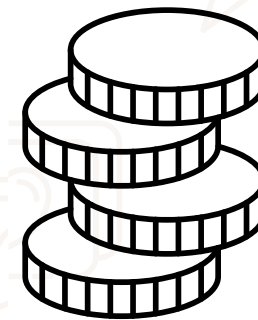
Mental Health: Anxiety, irritability, insomnia, restlessness.



Physical Health: Tired all the time, feeling drained, struggling to focus



Social Life: Missing out, stepping away from friends, feeling excluded.



Financial Impact: Spending money that could go toward things that matter.

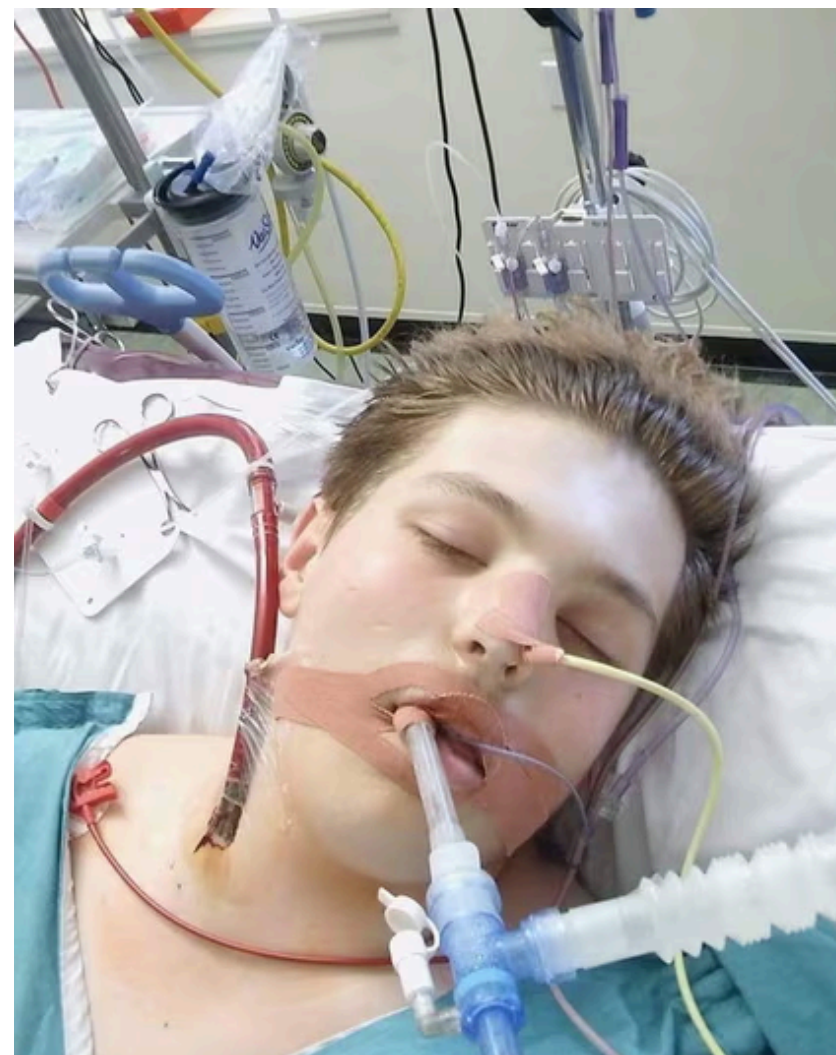
IT'S NOT JUST NIC-OH

- **Nicotine Overload:** Some illegal vapes contain nicotine levels equivalent to smoking 200 cigarettes in a single device
- **THC (Cannabis oil):** Can cause paranoia, panic attacks, hallucinations.
- **Synthetic Cannabinoids ("Spice"):** Unpredictable. Dangerous. Can trigger seizures, psychotic episodes.
- **Fentanyl:** A deadly opioid - even a tiny amount can kill.
- **Heavy Metals:** Lead, nickel, arsenic - linked to brain damage and organ failure
- **Unknown Chemicals:** No one knows what's in them. You don't either.

ILLEGAL PRODUCTS

Recent UK seizures of illegal vapes and cigarettes have found

- Some illegal vapes contain over **10x the legal limit of nicotine.**
- Industrial **solvents, banned pesticides,** and even **paint stripper** have been detected in illegal vapes.
- Some illegal cigarettes contain **mites, insect eggs, fungi,** and even **human faeces,** posing significant health risks.
- Poorly made illegal devices have exploded in users' faces, causing severe burns and loss of limbs.
- **Reports of young people getting hospitalised** after buying and using these products.



**MANY YOUNG PEOPLE HAVE NO IDEA
WHAT THEY'RE SMOKING OR
INHALING - UNTIL IT'S TOO LATE.**

HOW TO KNOW IF IT'S ILLEGAL?

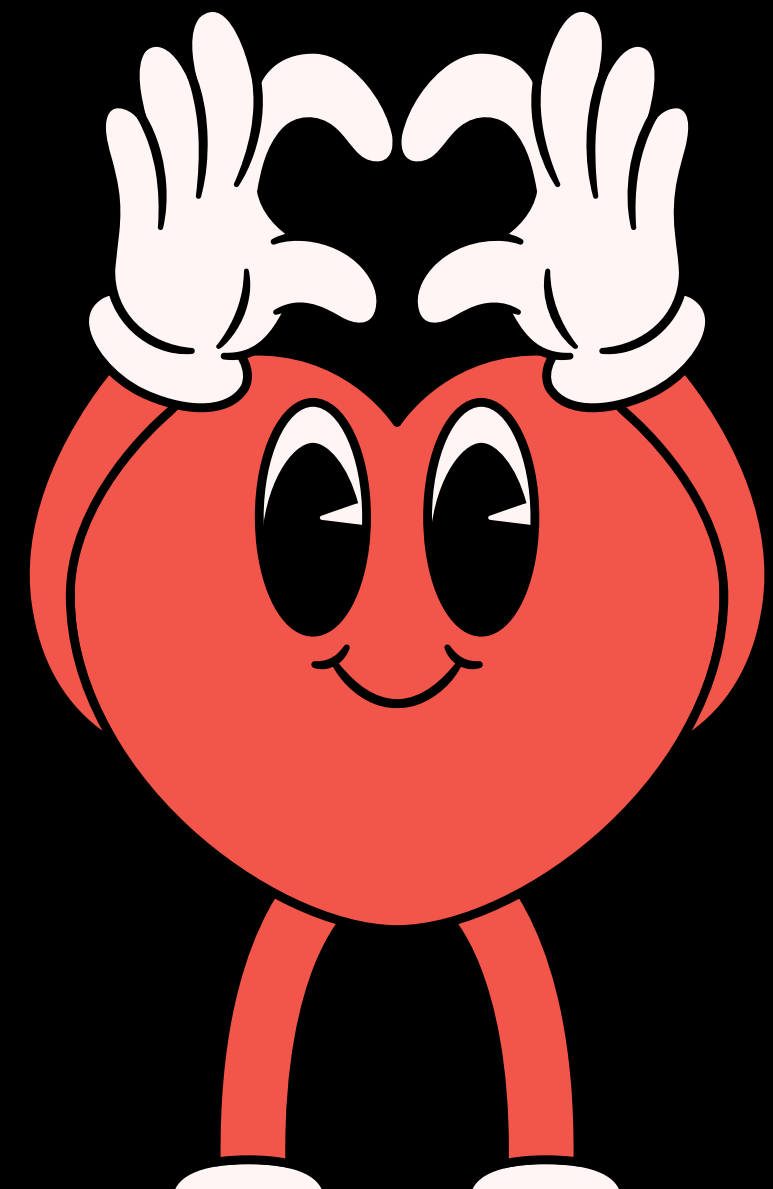
- **It's super cheap** – If the price seems too good to be true, it probably is.
- **It doesn't have health warnings** – Like "Smoking kills" or "Contains nicotine."
- **It has strange packaging** – If it looks fake, has no brand name, or uses weird fonts and colours, it could be illegal.
- **The seller doesn't ask for ID**
- **It's sold in odd places** – Like a van, a car boot sale, or under the counter in a shop.
- **Vapes:** Legal disposable vapes are limited to 600 puffs

**DIM ESGUS.
BYTH.**



**NO IFS.
NO BUTTS.**

Nolfs-Nobutts.co.uk - report underage sales, illegal vapes and illegal cigarettes





 For more information on smoking or vaping visit: **ash.wales**