

CREATE YOUR NICOFIEND

AGE 4-18

THIS ACTIVITY EXPLORES:

Creativity, peer pressure, influence and how hidden pressures can be made visible.

YOU WILL NEED:

- Nicofiend character sheets
- Paper and pens
- Colouring materials
- Optional craft materials
- Optional tablets or laptops

HOW TO SET UP

- Give each young person, pair or small group a character sheet.
- They can work alone, with a friend or as a team.
- Remind them that the idea matters more than perfect drawing.
- Younger children can create a feelings monster (see pages 8–9)

TIME NEEDED: 15-40 MINUTES

WHAT YOUNG PEOPLE CREATE

Young people create their own Nicofiend character. Their character should show one pressure, feeling, message, product or post that can make smoking, vaping or nicotine products seem normal, tempting or harmless.

HOW TO RUN IT

1. Ask young people to choose one pressure or influence (optional use the pressure cards).
2. Ask them to turn that pressure into a Nicofiend character.
3. Their character needs a name, a look and a clear idea.
4. They should show what the Nicofiend does, what it says and how someone could spot it.
5. Give time to draw, design or plan the character.
6. Invite young people to share their character with the group, or display the designs as a gallery.

KEY MESSAGE

When pressure has a name, face or character, it becomes easier to notice and question. Nicofiends help young people show the pressures that can make smoking, vaping or nicotine products seem normal, tempting or harmless.

BYDDWN YN EDRYCH AR:

Creadigrwydd, pwysau gan gyfoedion, dylanwad a sut gall pwysau cudd gael eu gwneud yn weladwy.

BYDD ANGEN:

- Taflenni cymeriad Nicofiend
- Papur a phennau
- Deunyddiau lliwio
- Deunyddiau crefft dewisol
- Tabledi neu liniaduron dewisol

SUT I BARATOI?

Rhowch daflen cymeriad i bob person ifanc, pâr neu grŵp bach. Gallan nhw weithio ar eu pen eu hunain, gyda ffrind neu fel tîm. Atgoffwch nhw fod y syniad yn bwysicach na llun perffaith. Gall plant iau greu Anghenfil Teimladau (gweler tudalennau 8–9).

AMSER: 15–40 MUNUD

BETH MAE POBL IFANC YN EI GREU

Mae pobl ifanc yn creu eu cymeriad Nicofiend eu hunain. Dylai'r cymeriad ddangos un pwysau, teimlad, neges, cynnyrch neu bost a all wneud i ysmegu, fepio neu gynhyrchion nicotin ymddangos yn normal, yn apelgar neu'n ddiniwed.

SUT I'W WNEUD

1. Gofynnwch i bobl ifanc ddewis un pwysau neu ddylanwad. Gallwch ddefnyddio'r Cardiau Pwysau os yw hynny'n helpu.
2. Gofynnwch iddyn nhw droi'r pwysau hwnnw'n gymeriad Nicofiend.
3. Mae angen enw, golwg a syniad clir ar eu cymeriad.
4. Dylai ddangos beth mae'r Nicofiend yn ei wneud, beth mae'n ei ddweud a sut gallai rhywun sylwi arno.
5. Rhowch amser iddyn nhw dynnu llun, dylunio neu gynllunio'r cymeriad.
6. Gwahoddwch bobl ifanc i rannu eu cymeriad gyda'r grŵp, neu arddangoswch y dyluniadau fel oriel.

PRIF NEGES

Pan fydd gan bwysau enw, wyneb neu gymeriad, mae'n haws sylwi arno a'i gwestiynu. Mae Nicofiends yn helpu pobl ifanc i ddangos y pwysau a all wneud i ysmegu, fepio neu gynhyrchion nicotin ymddangos yn normal, yn apelgar neu'n ddiniwed.