

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 p8-9)

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 from the games.
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.