

DID YOU KNOW?

NICOTINE

DID YOU KNOW THAT NICOTINE IS A DRUG FOUND IN TOBACCO AND MOST VAPING PRODUCTS?

IT'S USUALLY SMOKED IN CIGARETTES BUT CAN BE VAPE, CHEWED OR INHALED AS SNUFF. NICOTINE IS ADDICTIVE AND CAN BE DIFFICULT TO QUIT AS YOUR BODY GETS USED TO NEEDING IT. THE THOUSANDS OF CHEMICALS IN CIGARETTES CAN CAUSE MAJOR HEALTH DAMAGE.

WHEN NICOTINE IS INHALED, IT STIMULATES YOUR BODY, CAUSING AN INCREASE IN HEART RATE AND BLOOD PRESSURE.

IN NEW ZEALAND, IT'S ILLEGAL TO SELL NICOTINE PRODUCTS, INCLUDING VAPES, TO ANYONE UNDER THE AGE OF 18 OR FOR AN ADULT TO BUY IT FOR THEM.

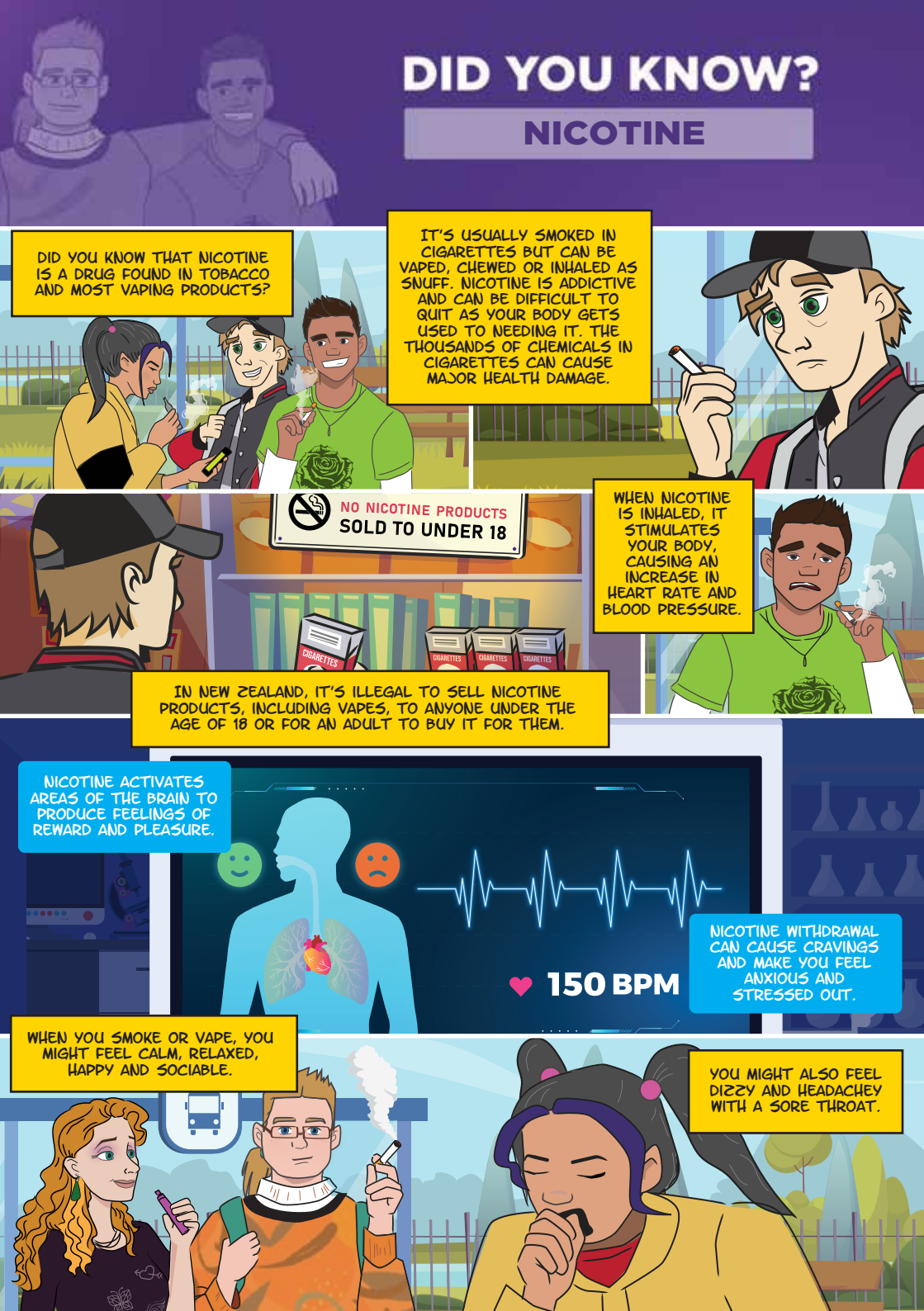
NICOTINE ACTIVATES AREAS OF THE BRAIN TO PRODUCE FEELINGS OF REWARD AND PLEASURE.

NICOTINE WITHDRAWAL CAN CAUSE CRAVINGS AND MAKE YOU FEEL ANXIOUS AND STRESSED OUT.

WHEN YOU SMOKE OR VAPE, YOU MIGHT FEEL CALM, RELAXED, HAPPY AND SOCIABLE.

YOU MIGHT ALSO FEEL DIZZY AND HEADACHEY WITH A SORE THROAT.

♥ 150 BPM

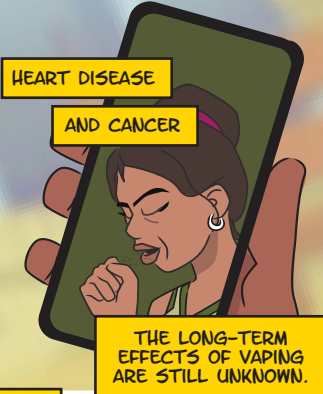




HIGH BLOOD PRESSURE



LUNG DISEASE



HEART DISEASE

AND CANCER

SMOKING CIGARETTES LONG-TERM MAY CAUSE EARLY AGING AND WRINKLES

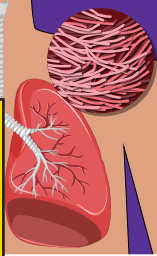
THE LONG-TERM EFFECTS OF VAPING ARE STILL UNKNOWN.

NICOTINE REPLACEMENT THERAPIES LIKE PATCHES, GUM AND LOZENGES ARE USEFUL TOOLS TO HELP YOU CUT DOWN OR QUIT. THEY RELEASE NICOTINE SLOWLY TO HELP YOU DEAL WITH CRAVINGS.

VAPING NICOTINE ISN'T HARM-FREE, BUT IS LIKELY TO BE LESS HARMFUL THAN SMOKING. IT'S NOT RECOMMENDED THAT YOU START VAPING IF YOU DON'T ALREADY SMOKE.



WHEN YOU FIRST QUIT SMOKING, YOU MAY NOTICE THAT YOU COUGH UP MORE MUCUS THAN USUAL AS YOUR BODY TRIES TO CLEAR YOUR LUNGS.



THE FOUR DS ARE ANOTHER WAY TO HELP DEAL WITH CRAVINGS:

DRINK WATER



DISTRACT



DEEP BREATHE



DELAY



SO REMEMBER, IT'S BEST TO AVOID NICOTINE BUT IF YOU CHOOSE TO USE THEN

- NICOTINE REPLACEMENT THERAPIES CAN HELP YOU MANAGE CRAVINGS AND QUIT.
- VAPING IS NOT HARM-FREE BUT IS LIKELY TO BE LESS HARMFUL THAN SMOKING.
- AND REMEMBER, ALWAYS LOOK OUT FOR YOUR MATES

Want to find support for a young person in Aotearoa New Zealand?

Call the Alcohol Drug helpline on 0800 787 797 or free txt 8681

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