

Addiction

Name:

Date:



The path to addiction

♥ Read the following tweets carefully and then complete the tasks.



Alex @alex_adventures

Tried my first vape today! It was kinda cool, not gonna lie. #NewExperiences



Alex @alex_adventures

Vaping with friends after school is becoming our thing. Feels chill and fun. #SquadGoals



Alex @alex_adventures

Craving that vape hit during class... can't wait for the break. #NeedItNow



Alex @alex_adventures

Ran out of vape juice today and it sucked big time. Gotta get more ASAP. #AddictedMuch



Alex @alex_adventures

Can't go a day without vaping now. It's like a part of me. #NicotineLife

✍ Explain the potential impact of vaping on social interactions among teenagers.

✍ Describe the progression of Alex's relationship with vaping based on the given posts.

The Dangers of Nicotine Addiction

Nicotine addiction is a dependency on a substance found in tobacco products like cigarettes and vapes. When people smoke or use these products, nicotine enters their bloodstream and reaches the brain quickly. This creates a short-lived feeling of pleasure and relaxation, making it easy for users to want more. Over time, the brain gets used to nicotine and needs more to feel the same effects, leading to addiction.

Nicotine addiction can have serious physical and mental effects. Physically, it can harm almost every organ in the body. It can lead to an increased heart rate and high blood pressure, making the heart work harder. Long-term use can damage the lungs and lead to diseases like chronic bronchitis or emphysema. It also increases the risk of various cancers, including lung cancer.

Psychologically, nicotine addiction can influence a person's mood and behavior. When someone tries to quit, they may experience withdrawal symptoms like irritability, anxiety, and intense cravings. These symptoms can make it very hard to stop using nicotine, even when someone wants to quit.

Nicotine addiction often starts in adolescence, as teens can be more susceptible to peer pressure and the desire to fit in. The earlier someone starts using nicotine, the harder it can be to quit later in life. It's important to be aware of the risks associated with nicotine and to seek help if you or someone you know is struggling with addiction. Understanding these dangers can help make healthier choices and avoid the harmful effects of nicotine.

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 Select the correct answer from the options provided.

How does nicotine affect the heart when consumed over time?

- It strengthens the heart muscle and improves endurance
- It decreases heart rate and normalizes blood pressure
- It improves circulation and reduces heart disease risk
- It increases heart rate and blood pressure, making the heart work harder

What psychological effect might someone experience when trying to quit nicotine?

- Complete relaxation and absence of stress
- Withdrawal symptoms like irritability and intense cravings
- A sudden increase in energy and enthusiasm
- Enhanced focus and better mood stability

Why is nicotine addiction particularly concerning when it begins in adolescence?

- Nicotine addiction is harder to quit if it starts earlier in life
- Adolescents become immune to nicotine's effects over time
- Nicotine has no effect on the developing brain
- Adolescents do not experience withdrawal symptoms

Which organ is most directly damaged by long-term nicotine use?

- Lungs
- Kidneys
- Liver
- Pancreas

What is a common reason adolescents might start using nicotine products?

- To increase their appetite
- To enhance academic performance
- To improve physical health
- Due to peer pressure and the desire to fit in

								1		4
		2				5				
6										
3										

Across

- 2 products like cigarettes and vapes contain this (7)
- 3 feeling caused by nicotine that makes users want more (8)
- 6 age group most susceptible to starting nicotine addiction (11)

Down

- 1 substance in tobacco that causes addiction (8)
- 4 condition caused by long-term nicotine use affecting the lungs (9)
- 5 increased risk of this serious illness due to nicotine addiction (6)

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Causes, factors, and consequences of addiction

 **Drag the text elements to the correct positions.**

Addiction can start in many different ways, but certain factors can increase the _____. These include low self-esteem, poor stress management, difficulty handling conflicts, pressure to succeed, long-term stress, negative future outlook, and the influence of the wrong _____. The availability and social acceptance of addictive substances also play a role.

When someone becomes _____, it can affect every part of their life. Physical health often suffers because addictive substances can damage _____. Social problems are common, leading to conflicts with family and friends. Losing a job can cause financial _____. People who are severely addicted may neglect themselves, suffer from serious emotional problems, and become socially _____.

It's important to remember that addiction doesn't just affect the person who is addicted. Their family and friends can also suffer _____. Recognizing the risk factors and understanding the impact of addiction can help in finding ways to _____ it and support those who may be struggling. risk, organs, isolated, greatly, addicted, friends, prevent, trouble

 **Describe how addiction can impact both the individual and their surrounding environment.**



Information

This worksheet focuses on addiction. Addiction can affect anyone and harms not only one's own health but also those around them. If you notice that you or someone you know is struggling with it, talk to a trusted person like a teacher, parent, or friend. It's important to seek help early – no one should face this alone. The first step is always to recognize the problem and talk about it openly. There is help available, and there are ways to overcome addiction.