

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. #Squad-Goals



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

Describe the progression of Alex's vaping habit based on the provided posts.

Explain the potential health implications of Alex's increasing dependence on vaping.

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.

Addiction

Name:

Date:



Tick the correct answer.

What physiological effect does nicotine have on the heart when consumed?

- ☐ It has no significant effect on the heart
- ☐ It increases the heart rate and blood pressure
- ☐ It decreases the heart rate
- ☐ It causes the heart to slow down and relax

Why can quitting nicotine be particularly challenging for long-term users?

- ☐ Because nicotine withdrawal symptoms are mild and easy to manage
- ☐ Because nicotine withdrawal only affects physical health
- ☐ Because nicotine withdrawal symptoms include irritability, anxiety, and intense cravings
- ☐ Because nicotine withdrawal symptoms are only psychological

Which age group is more susceptible to starting nicotine use due to peer pressure?

- ☐ Children
- ☐ Adults
- ☐ Elderly
- ☐ Teens

What long-term lung diseases can nicotine use lead to?

- ☐ Chronic bronchitis and emphysema
- ☐ Tuberculosis and lung fibrosis
- ☐ Lung cancer and pleurisy
- ☐ Asthma and pneumonia

What is a critical step to take if someone is struggling with nicotine addiction?

- ☐ Ignore the addiction and hope it goes away
- ☐ Switch to a different addictive substance
- ☐ Continue using nicotine to avoid withdrawal symptoms
- ☐ Seek help and be aware of the risks associated with nicotine

								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)

Addiction

Name:

Date:



Causes, factors, and consequences of addiction

Match the words to the blanks.

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

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

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

Addiction, health, addictive, self-esteem, friends, neglect

Describe the various factors that increase the risk of addiction and explain how addiction can impact different aspects of a person's life.



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.