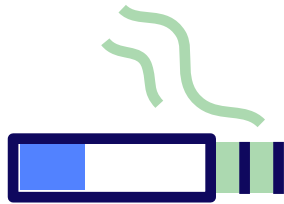
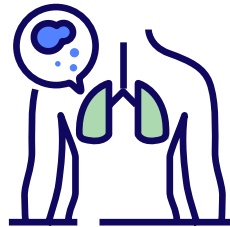


# SMOKING

## WHAT ARE CIGARETTES?



Cigarettes are **rolled sticks of dried tobacco leaves** that people light and smoke



When someone smokes, they **breathe in the smoke** from burning tobacco into their **lungs**



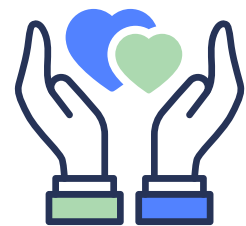
Cigarettes contain a drug called **nicotine** that is very **addictive**



Tobacco smoke contains over **4,000 chemicals** – and more than 70 of them can **cause cancer**



Smoking is the **leading cause of death and sickness** in Aotearoa that could be prevented



Smoking is **very harmful** to your tinana (body) and wairua (spirit)

### Cigarettes (smoking)

- Burn tobacco and make smoke
- Smell strongly of smoke
- Always contain nicotine
- Known to cause cancer, lung disease, heart problems

### Vapes (vaping)

- Heat liquid and make mist
- May have fruity smells
- Most often contain nicotine
- Can still harm lungs and brain development

# WHAT IS NICOTINE?

Nicotine is a chemical (drug) that comes from the tobacco plant. It's found in both vapes and cigarettes.

- Nicotine is one of the most **addictive drugs in the world**.
- It can **trick your brain into thinking you need it** to feel good or feel "normal".
- It can be **hard to stop using** once your brain and body get used to it.
- Even small amounts of nicotine can **change how your brain works**, especially in young people.

## HOW NICOTINE AFFECTS YOUNG PEOPLE

Young brains are still growing. Nicotine can affect brain development and:

Make it harder to **learn and concentrate**



Affect your **mood and memory**



Increases **stress and anxiety**



Makes your brain **more likely to get addicted** to nicotine or other drugs



You don't need to vape every day to be affected — even a little can have impacts.

## WHAT IS ADDICTION?

Addiction means your brain and body **start to rely on something**, like nicotine



When someone keeps vaping or smoking, their brain gets **used to having nicotine**



When the nicotine wears off, they might feel **grumpy, sad, tired, shaky, or stressed** – this is called withdrawal



These feelings can cause a **strong craving** to vape or smoke again



That's how addiction begins — and it can be very hard to stop.

**Even though vapes might look and smell safe, they can cause strong addiction and make it hard to quit later.**