Second Level. Primary 6. Lesson 5. Support Material: What is Addiction?

*Resources required: Chocolate/Crisps*

Discuss with a shoulder partner what you think is meant by ‘Addiction’

Addiction is always wanting a specific thing and feeling you need to have it.

Can you think of anything you always like to have or want?

Is this an addiction?

When you are addicted to something, you think about it all the time.

Open your crisps/bar of chocolate and have just one crisp/one square of chocolate.

You are not allowed another one.

How does this make you feel?

Take another crisp/square of chocolate

Do you want one more now that you have tried one?

Is this addiction?

Addiction to Tobacco

Cigarettes contain Nicotine. This is a very addictive chemical. Nicotine changes the balance of chemicals in the brain.

When you breathe in the nicotine, it rushes straight to your brain. A smoker feels the effects immediately. If a smoker enjoys this feeling, they will want more and more nicotine in their body. The more a person smokes, the more they want or crave nicotine in their bodies.

When a person stops smoking, they find it very difficult to live without nicotine. The loss of nicotine in the body can make a person feel anxious, depressed and irritable. This makes it very difficult to stop smoking for most people.

Addiction is when a person feels they need something and depend on something all of the time. Nicotine is a very addictive substance and it can take up to seven attempts for a person to quit smoking.

Help is available for people who want to quit smoking within local communities by the Stop Smoking Service. If any young person is looking for information to take home to adults please see Useful Links of this resource.