

your name

As you continue to smoke over a long period of time the brain changes and starts to expect nicotine. When you smoke, you inhale nicotine from cigarettes, and over time your brain actually grows new receptors that thrive on nicotine. When you quit smoking, your receptors no longer get the nicotine they need, and cry out for more – that's why you get cravings and withdrawal symptoms, such as irritability and restlessness, which can overwhelm your willpower

your name

**QUIT NOW IT  
CAUSES LOT'S  
OF DAMAGE TO  
YOUR BODY AND  
YOU COULD DIE.**

your name

Nicotine is the thing that makes cigarettes both pleasurable to smoke and addictive. It is a chemical that occurs naturally in the tobacco plant. When you inhale the smoke from a cigarette a large amount is drawn into your lungs and transferred to your blood – travelling to your brain within seconds. In the brain nicotine causes the release of chemicals that give you feelings of pleasure and relax you for a short period of time. It is the rapid delivery of nicotine to the brain that gives you a buzz or rush.

your name



hello do u smoke. if you do look  
up. if you don't look down if  
you want to look to the left and  
right you will find facts

your name

**YOU ARE A VERY  
GOOD BOY OR  
GIRL AND I HOPE  
YOU DON'T  
START SOON**