

Nicotine Addiction Spectrum Quote Cards

Instructions: Cut out each quote card below. Students will place them along an addiction spectrum from 'Not Addicted' to 'Completely Nicotine Addicted'. The spectrum can be drawn on a whiteboard, or created by printing a copy of the spectrum cards at the end of this document.

My best friend vapes all the time. I've tried it after she kept offering them to me but it gives me a headache. I can't bring myself to take another hit.

My friend offered me a vape today. After I took a few puffs, I started to cough, and my throat and lungs felt really irritated.

I've vaped a few times and I'll probably do it again but only when I'm offered a vape. I would never spend my own money to buy one.

I used to never vape and now I only vape socially. I've noticed I get strong cravings to vape when I'm out with friends lately. It's getting harder to keep from vaping in social settings.

My parents would be so angry with me if they knew I was still vaping. I've gotten caught vaping inside my room before and I promised them I wouldn't do it again but I can't keep myself from doing it.

I don't always enjoy vaping. I've actually tried to quit a few times but gave up because it was too hard.

My friends say that I'm not like myself lately. They say that I get grumpy and moody when I go too long without hitting my vape.

I feel like I'm really hooked on my vape. It's more than just a habit at this point.

I always have to think about how I'm going to fit in my next hit from my vape. I get nervous when I'm somewhere that I can't have it.

Even when I'm doing things I enjoy I can't stop thinking about vaping. If I go too long without a vape the cravings get so strong it's hard to think about anything else.

When I first started vaping I only did it occasionally with friends after school. But now I find it impossible to keep myself from vaping, even where I am not allowed to, like school.

I spend so much on vapes it's ridiculous. There have even been a few times when I couldn't buy what I wanted to eat.

My performance on the field has really gone down since I started vaping. Even my teammates have started to notice. I knew vaping caused health problems, but it seemed like they would never happen to me.

NOT ADDICTED

**COMPLETELY
ADDICTED**