



CAFFEINE

Caffeine is a stimulant, most people have some every morning in their regular cup of coffee. The most common positive effects are that it keeps you alert when you're tired and gives you more stamina. The negative effects are that it can increase anxiety and nervousness at high doses, cause insomnia, and worsen your mood – especially when the caffeine wears off!

RED BULL: has a lot of caffeine in it and can lead to long term liver

damage if you drink a lot.

NICOTINE

Nicotine is found in tobacco. Tobacco is brown flaky leaves that are commonly rolled into cigarettes, but some people do chew it.

The effects:

- When you smoke, drugs get to your brain very quickly through the oxygen in your blood – it takes about 8 seconds for the nicotine to get to your brain.
- Some say it can suppress the appetite and make you feel less tired.
- Nicotine is a highly addictive drug. You can get hooked very quickly but try many times, and spend many years trying to reduce / stop smoking.

The law

You have to be over 18 to smoke or buy cigarettes.

Cost

This depends on how much you choose to smoke, but if you smoke 20 a day for five years, it will cost £8000.

The risks

- Nicotine speeds up the heart rate and increases blood pressure.
- If you smoke for the first time you can feel sick and dizzy
- Other people with you can suffer too inhaling your 'second hand smoke'.
- Smokers are more likely to get coughs and chest infections.
- Long-term addiction could leave you with cancer, emphysema (related to your lungs) or heart disease.