



The **Sleeping** Tiger

Addiction has no boundaries, and does not discriminate on colour, sex, religion, status, age or nationality.

The talk is designed to help children and young adults understand addiction. By using the visual of a tiger to depict the word addiction helps to put a picture to the word addiction to allow a clearer understanding of the dangers and reality of addiction and what it brings.

By using a visual of a tiger, Chris is able to talk about the **“Sleeping Tiger”**, being the disease of addiction waiting to be activated or woken up by circumstances, environment or building of a habit to fill a void.

The talk is to give information about addiction in an open forum, openly and honestly. To give the attendees a chance to make an informed decision when faced with an opportunity to get involved in an addictive activity and what it might look like.

Addiction is a subject that needs to be talked about in the same way our children are given sex education at our schools. They need to be aware and to know how to deal with it, as well as know what the potential consequences involved are if they partake in an addictive activity.

It is designed to give children and young adults the ability to make an informed choice.



Addiction is like a Sleeping Tiger, when woken it will keep you in its grip and if not tamed will kill and destroy you.

Talktopics:

- What is addiction
- Who can have addiction
- Chris' battle and recovery with addiction
- ***The Sleeping Tiger*** (the addiction)
- An addiction test
- Can you be helped with addiction and how.
- A warning from experience, ***“Not if, but when”***
- The hope for the future
- Questions and answers