



# Chewing tobacco is just as bad as smoking

**Don't get hooked on nicotine! Teenagers can get addicted to nicotine easier than adults.**

Just because you don't smoke tobacco doesn't mean chewing tobacco is safe. It can cause many serious health problems and also get you hooked on nicotine.



## People who use chewing tobacco have:



higher chances of getting cancer (mouth, tongue, gums, stomach, throat and bladder)



stained yellow teeth, receding gums



higher chances of having a heart attack or stroke

## Regular nicotine exposure also makes it harder for teens to:



remember things like a friend's birthday



concentrate at school or during movies and videogames



control their behaviour and impulses

## Chewing tobacco is also called:

CHEW

DIP

SNUFF

Government of  
Northwest Territories



**Want to quit?**  
**We can help**

**Call 811**

All calls are private and confidential  
811 is open 24/7