



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