

# Smoking:

## Once you start, it's hard to stop!

Children and teenagers can become addicted to tobacco easier than adults. Young people don't need as much exposure to nicotine for it to become a habit. Nicotine is the addictive chemical in cigarettes, chewing tobacco and vaping products.



### Here are THREE reasons not to start smoking:

#### **You will FEEL BETTER**

You can run faster and play sports better without your lungs clouded with smoke.

#### **You will LOOK BETTER**

Smoking can stain your teeth, eat away at your gums and give you wrinkles faster.

#### **Smoking is EXPENSIVE**

Just one pack of cigarettes costs more than \$20. Think of all the fun stuff you can buy instead.

Government of  
Northwest Territories



Know someone  
who needs to quit?  
We can help

**Call 811 to speak with a registered nurse**  
All calls are private and confidential  
811 is open 24/7