

Chewing Tobacco Youth Poster

English	Indigenous Language
Chewing tobacco is just as bad as smoking	Ts'ehtse that's'eh?o selá ts'ééts'et'úu eléht'e ot'e
Don't get hooked on nicotine! Teenagers can get addicted to nicotine easier than adults.	Ts'éét'úu metu meghá nahndi ! Dene nechá la káa dúlé zhéh ch'á agendeh, káondih ko dezoá k'one goghá godezhi
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.	Kii ts'éédjt'I le ko ts'ehtse chu kii nezu le ot'e. Káa dúlé met'ah ezháhts'ileh gots'eh metu t'ah dúyé meghánindí gháilee.
People who use chewing tobacco have:	Amii ts'ehtse t'ahŋ sii :
higher chances of getting cancer (mouth, tongue, gums, stomach, throat and bladder)	Káa dúlé met'ah gu ezhá agoléh (godhá,godháli, goghúthé, gombé zhih, gok'áá zhih gots'eh got'ézé zhih chu)
stained yellow teeth, receding gums	Met'ah goghú detthoi at'j, met'ah goghúthé t'aa k'eh at'I chu
higher chances of having a heart attack or stroke	Káa dúlé met'ah godzee nŋtlaa jle énidé met'ah gok'édhé náedale at'j
Regular nicotine exposure also makes it harder for teens to:	táondih ts'ééts'et'úu énidé met'ah dezoá k'oní ahsii kenagendih le: Ezhii la
remember things like a friend's birthday	Godj gots'aní godzene ko kii kenagendih gháilee
concentrate at school or during movies and videogames	Dúyé edjht'éh kué ts'ehk'eh ahsii kenagendih gháilee jle énidé edjht'éh nohat'I gháenda ko kii kenagendih gháilee gots'eh edjht'éh nohat'I ts'ehk'eh ahsii nagogezhéh ko kii goghá ehsii ghá
control their behaviour and impulses	Met'ah dúyé nezu gendaa gots'eh zhet'ah dahgedalone ghá.
Chewing tobacco is also called:	Ts'ehtse daa la mezj ch'á kadea ot'e:
CHEW	Ts'éét'úu k'áa ts'eah
DIP	Godhá toh that's'eh?o
SNUFF	Ts'ehtse
Want to quit? We can help	Enaot'é enedhé énidé, káa dúlé nets'athindí
Call the NWT Quitline at 1-866-286-5099 All calls are private and confidential The NWT Quitline is open 24/7	Meghánohndi enedhé énidé Góhdli ndeh ts'ehk'eh káa dúlé nets'agendi, ezhii t'ah gots'é edjhtu 1-866-286-5099 ot'e Gots'é gundeh ghá énidé dúyé gondáh kagedi gots'eh kii dene híe ko gondah kagedi gháilee. Góhdli Ndeh káondih ts'ehk'eh láondih godakadenito ghá gúht'e.