

Tobacco Cessation NRT Youth Poster

English	Indigenous Language
Smoking:	Ts'éeets'et'úu:
Once you start, it's hard to stop!	Athee kehots'enihtı́ énídé dúye mats'ındı́
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.	Ts'údáá -ke ,cheekua gots'eh ts'élı́ la dene nechá ?o ts'éeet'úu goghá nezı́ at'ı́ ot'e. Dene k'onı́ ts'éégedet'úu énídé, híh ghá ahsı́ ı́nı́ met'ah t'ah hí zhee ts'e fataogedehthı́ ot'e. Ts'éeet'úu t'ah ahsı́ ı́nı́ gúlı́, ts'ehtse chu gots'eh ts'éeet'úu híé, ahsı́ teko met'ah gúlı́, ezhı́ t'ao kı́ dúye geghándı́.
Here are THREE reasons not to start smoking:	Edı́hjo la ahsı́ tai, met'ah dúye ts'éeet'úu kehots'enihtı́:
You will	Met'ah
FEEL BETTER	Nezı́ dedı́ndı́ ghá
You can run faster and play sports better without your lungs clouded with smoke.	Káa dúle met'ah híh k'eejihnette gots'eh ahsı́ héh náots'ezheh nezı́ gohéh náguzheh ghá, káondı́ énídé nedzehdee kı́ mezhı́ te najndı́ ghálée.
You will	Met'ah
LOOK BETTER	Nezı́ nodat'ı́ ghá
Smoking can stain your teeth, eat away at your gums and give you wrinkles faster.	Ts'éeets'et'úu énídé met'ah neghı́ detthoi andeh ghá, neghıtthé chu azho met'ah dzaandeh ghá gots'eh híh t'ı́h nenı́ ı́hts'ele andeh ghá.
Smoking is EXPENSIVE	Ts'éeets'et'úu detı́ ot'e,
Just one pack of cigarettes costs more than \$20. Think of all the fun stuff you can buy instead.	Ts'éeet'úu híé metehne la káa okı́ hono saámba ot'e. Megho naenedhe énídé, káa dúle ahsı́ met'aodea naı́dı́.
Know someone who needs to quit? We can help	Sı́ı́ dene híé ko ts'éeet'úu ghánohndı́ enı́dhe ? káa dúle mets'athı́ndı́ .
Call the NWT Quitline at 1-866-286-5099 All calls are private and confidential The NWT Quitline is open 24/7	Meghánohndı́ enedhé énídé Góhdı́ ndeh ts'ehk'eh káa dúle nets'agendı́, ezhı́ t'ah gots'edı́htu 1-866-286-5099 ot'e Gots'edı́ gundeh ghá énídé dúyé gondáh kagedı́ gots'eh kı́ dene híé ko gondah kagedı́ ghálée.