

Name: _____ Date: _____

Chew and You

Like cigarettes and e-cigarettes, smokeless tobacco (also called chewing tobacco) contains harmful chemicals and the addictive substance nicotine. Smokeless tobacco can cause mouth sores, tooth decay, gum disease, and tooth loss. Using smokeless tobacco increases risk for cancer, heart disease, and stroke.

Don't let tobacco products keep you from enjoying a full, healthy life. Commit to quit!



How often do you use smokeless tobacco?

Daily

A few times a week

A few times a month

Every few months



I commit to quit smokeless tobacco by this date: _____



Write or draw pictures of what makes you smile.

Blank area for writing or drawing.

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.