



Deadly Tobacco Abuse

Many of the original stories spoke of the illness, suffering and death that would result if people misused tobacco.

Did you know tobacco misuse is the leading cause of preventable illness and premature death in Canada?

FACT: Commercial tobacco use kills four times more people than motor vehicle accidents, suicide, homicide and AIDS combined.

Did you know your smoking can hurt the people you love the most?

FACT: Second hand smoke is the third major cause of preventable death.

Did you know that the First Nations youth smoking rate is three times higher than the average Canadian youth?

FACT: First Nations girls, 15-17 years old, have a smoking rate of 61%. The rate for Canadian girls in the same age range is 15%.

FACT: First Nations boys, 15-17 years old have a smoking rate of 47%. The rate for Canadian boys in the same age range is 13%.



CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

About the Aboriginal Tobacco Program

The Aboriginal Tobacco Program (ATP) works with stakeholders across Ontario to prevent and reduce commercial tobacco use. ATP is part of the Prevention and Screening Department of Cancer Care Ontario and is funded by the Smoke Free Ontario Strategy.

Goal: To engage Aboriginal communities in the creation of health promotion strategies to decrease and prevent the misuse of tobacco.

ATP can support your community by:

- Providing materials such as posters, wristbands and pamphlets to raise awareness in your community.
- Connecting front-line health staff to training programs on commercial tobacco prevention, cessation and protection.
- Providing evidence-based information to community leaders about how to build a Tobacco-Wise community.

Contact the Aboriginal Tobacco Program for more information. Email info@tobaccowise.com or visit www.cancercare.on.ca and www.tobaccowise.com

It is important to Cancer Care Ontario (CCO) that all Ontarians with disabilities can access the services and information we provide. To receive this information in another format, contact CCO Public Affairs:

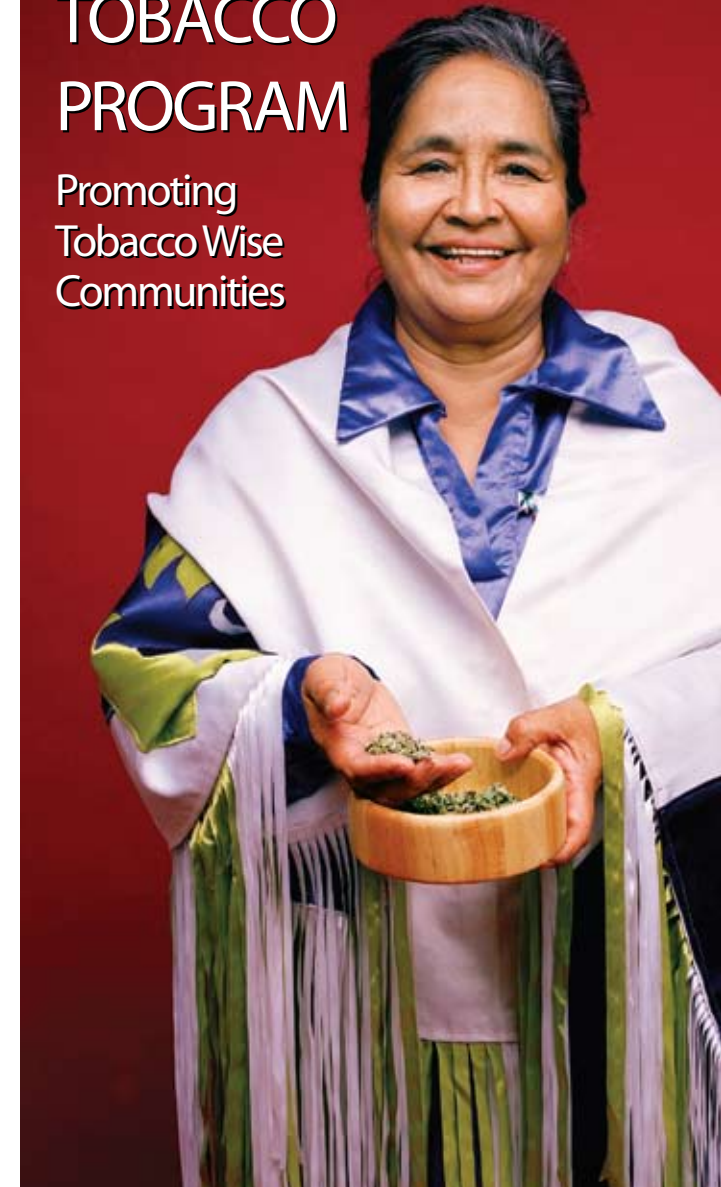
 (416) 217-1821

 TTY (416) 217-1815

 publicaffairs@cancercare.on.ca

ABORIGINAL TOBACCO PROGRAM

Promoting
Tobacco Wise
Communities



cancer care ontario | action cancer ontario



www.tobaccowise.com

Sacred Tobacco Use

Traditional or Sacred Tobacco is a gift that was given to Aboriginal people by the Creator. It has a spiritual place within many of our communities.



There are several stories and teachings of how the Creator taught Aboriginal people to grow, prepare and use the plant for spiritual purposes.

Some Traditional Uses:

- The smoke from tobacco burned on sacred fires rises to the sky, carrying prayers to the spirit world.
- When traditional medicines are picked, tobacco is put down as an offering of thanks to Mother Earth.
- Tobacco is given as an offering when guidance is requested from the Elders.



The Seven Teachings

Consider the following teachings based on the Seven Grandfather Teachings to help guide you towards a healthy, tobacco wise future. Never underestimate the power you have to make changes for your health and the future of your community and Nation.

1. Honesty:

Being truthful with yourself.

Be truthful with yourself about the risk you are taking with your health by smoking. Recognize that you have the power to protect yourself, your family and your friends from second-hand smoke.

2. Humility:

Considering the needs of other people.

If you are currently smoking, consider your loved ones who want you to lead a long, healthy life. They also need your help to protect them from second-hand smoke.

3. Truth:

Using your strength to do the right thing.

If you know the difference between Traditional Tobacco and commercial tobacco, share your knowledge with someone. It could change their life.

4. Wisdom: Knowing what is true and right combined with good action.

If you are currently smoking and would like to quit, identify the strengths or supports in your life that you can rely on to help keep you strong. You do not have to be alone on your journey.

5. Love:

Treating yourself and others with respect and kindness.

Love yourself, your health and the health of your family and community – choose to quit smoking.

6. Respect:

Honouring yourself and others.

The Elders tell us that Traditional Tobacco has honour and purpose. It is intended to be used for prayer and to give thanks – respect the original purpose of tobacco.

7. Bravery:

Doing what needs to be done, even when it is really hard.

Recognize the destructive effect smoking has on your body and the health of others who are exposed to it. Be brave and take a stand against the harmful effects of commercial tobacco. Your community will thank you.

“Traditional Tobacco is our *Sacred* connection to our Creator”

– Pauline Shirt, Cree Elder