

HEALTH RESOURCES FOR SCHOOLS: TOBACCO-USE IN FIRST-NATIONS, INUIT & MÉTIS COMMUNITIES

This document includes a list of resources available to teachers about Tobacco-Use in First Nations Communities. We would like to acknowledge that “Sacred” or “Traditional” tobacco has been used by First Nations people in non-harmful ways for many years. Sacred tobacco is very different than the commercial tobacco that is grown and sold today. Commercial tobacco has been genetically modified, chemically processed and known to cause multiple health problems. We are aiming to prevent commercial tobacco use among First Nations, Inuit, and Métis children and youth. For more information or general questions, contact Access York at 1-877-464-9675 or visit york.ca/tobacco

1.0 Canada-Based Resources

1.1 FIRST NATIONS AND INUIT HEALTH INFORMATION FROM HEALTH CANADA

Information about the traditional and non-traditional use of tobacco in Canada and facts on smoking rates within First Nations’ and Inuit communities.

[Indigenous mental health](#) and [Substance use affecting First nations and Inuit](#)

1.2 MI’KMAQ SPIRIT

A website created by two members of the First Nations community to inform people about culture, history and spirituality of the Mi’kmaq people. It includes information about the Sacred Pipe and Pipe Ceremony.

[Mi’kmaw Spirituality - The Sacred Pipe](#)

1.3 TOBACCO AND TRADITION – YOUTH TOBACCO

Traditional teachings about the respectful, cultural use of tobacco which may help youth distinguish traditional tobacco from commercial tobacco use and avoid the misuse of tobacco.

[Youth & Tobacco - Keep it Sacred](#)

2.0 Ontario-Based Resources

2.1 FIRST NATION PEOPLES’ USE OF TOBACCO LAWS

Information related to the Smoke-free Ontario Act [Smoke-Free Ontario Act, 2017](#)

2.2 RECOMMENDED RESOURCES FOR FIRST NATION, INUIT AND MÉTIS PEOPLE

This program engages First Nation, Inuit and Métis communities to create health promotion strategies to decrease and prevent the misuse of tobacco and implement cancer prevention strategies.

YORK REGION PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

york.ca/tobacco

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[Cancer Care Ontario - Recommended Resources for First Nations, Inuit, Metis & Urban Indigenous Peoples](#)

2.3 TOBACCO-WISE – INDIGENOUS TOBACCO PROGRAM

Cancer Care Ontario's Indigenous Tobacco Program has the goal of spreading tobacco-wise messaging to First Nations, Inuit and Métis youth. Someone who is "tobacco-wise" is defined as someone who can differentiate between traditional and commercial tobacco.

[Tobacco-Wise - Cancer Care Ontario - Indigenous Tobacco Program](#)

[First Nations - Be Tobacco-Wise](#) Brochure

[Inuit - Be Tobacco-Wise](#) Brochure

[Metis - Be Tobacco-Wise](#) Brochure

3.0 Other Provincial-Based Resources

3.1 MIDDLESEX-LONDON HEALTH UNIT – TRADITIONAL TOBACCO USE

Middlesex-London Health Unit has provided a summary of traditional tobacco-use among Indigenous people in Canada.

[Traditional Tobacco Use by Indigenous Persons](#)

3.2 FREEDOM TO SMOKE LESSON

In this lesson, students explore their beliefs and values about independence – and how cigarette advertising exploits peoples' desires for greater freedom.

[MediaSmarts](#)

3.3 TALK TOBACCO

Talk Tobacco provides **free and confidential** services offering culturally tailored support and information about quitting smoking or vaping designed with input and guidance from First Nation, Inuit, Métis and urban Indigenous leaders, partners, community members and health care providers.

[Talk Tobacco - Indigenous Quit Smoking and Vaping Support](#)

4.0 American-Based Resources

4.1 KEEP IT SACRED: NATIONAL NATIVE NETWORK

A forum for tribes and tribal organizations to obtain and disseminate evidence-based, and culturally appropriate information to identify and eliminate health disparities related to commercial tobacco abuse.

[Keep it Sacred](#)

4.2 SACRED TOBACCO USE IN OJIBWE COMMUNITIES

A sacred relationship exists between tobacco and American Indian ceremonial activities and beliefs. This ancient connection continues to play an important role in American Indian communities including the Anishinaabe (Ojibwe).

[Sacred tobacco use in Ojibwe communities - PubMed](#)