

# RESOURCES ON TOBACCO-USE IN FIRST-NATIONS, INUIT & MÉTIS COMMUNITIES

This document includes a list of resources available to teachers about tobacco-use in First Nations, Inuit and Métis 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.

## 1.0 Canada-Based Resources

### 1.1 PROGRAMS AND SERVICES IN INDIGENOUS COMMUNITIES

Programs and services that support mental health in Indigenous communities to help reduce and prevent alcohol, drug and other substance use within Indigenous communities.

[Indigenous mental health \(Canada.ca\)](#) and [Substance use affecting First nations and Inuit](#)

## 2.0 Ontario-Based Resources

### 2.1 TRADITIONAL USE OF TOBACCO BY INDIGENOUS PERSONS

Information related to the Smoke-free Ontario Act 2017 and use of traditional and non-traditional use of tobacco by indigenous persons. [Smoke-Free Ontario Act, 2017 \(Ontario.ca\)](#)

### 2.2 RECOMMENDED RESOURCES FOR FIRST NATION, INUIT AND MÉTIS PEOPLES

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.

[Resources for First nations, Inuit, Metis & Urban Indigenous Peoples \(CancerCareOntario.ca\)](#)

### 2.3 TOBACCO-WISE – INDIGENOUS TOBACCO PROGRAM

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.

[Indigenous Tobacco Program \(TobaccoWise.CancerCareOntario.ca\)](#)

Be Tobacco-Wise Brochures for [First Nations](#), [Inuit](#), and [Metis](#)

### 2.4 FIRST NATIONS IT’S TIME TOOLKIT – CAMH

A First Nations-specific version of *IT’S TIME - Indigenous Tools and Strategies on Tobacco: Interventions, Medicines and Education*, which provides community workers, community members, and others with culturally-relevant commercial tobacco cessation tools.

[CAMH - First Nations IT’S TIME Toolkit \(NicotineDependenceClinic.com\)](#)

## YORK REGION PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

[york.ca/tobacco](http://york.ca/tobacco)

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## 3.0 Other Provincial-Based Resources

### 3.1 FIRST NATIONS HEALTH AUTHORITY – BRITISH COLUMBIA

Resources, posters and videos discussing the difference between traditional and commercial tobacco. [Respecting Tobacco \(Fnha.ca\)](#) and [Youth Respecting Tobacco \(Fnha.ca\)](#)

### 3.2 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. Includes information about the Sacred Pipe and Pipe Ceremony. [Mi'kmaw Spirituality - The Sacred Pipe \(Muiniskw.org\)](#)

### 3.3 TRADITIONAL TOBACCO USE – MIDDLESEX-LONDON HEALTH UNIT

Middlesex-London Health Unit has provided a summary of traditional tobacco-use among Indigenous people in Canada. [Traditional Tobacco Use by Indigenous Persons \(HealthUnit.com\)](#)

### 3.4 TALK TOBACCO – SMOKERS HELPLINE

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: About Talk Tobacco \(smokershelpline.ca\)](#)

## 4.0 American-Based Resources

### 4.1 YOUTH AND TOBACCO – KEEP IT SACRED: NATIONAL NATIVE NETWORK

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 \(KeepItSacred.org\)](#)

### 4.2 SACRED TOBACCO USE IN OJIBWE COMMUNITIES

A sacred relationship exists between tobacco and Anishinaabe (Ojibwe) ceremonial activities and beliefs. This ancient connection continues to play an important role in the Anishinaabe (Ojibwe) community. [Sacred tobacco use in Ojibwe communities \(Pubmed.ncbi.nlm.nih.gov\)](#)

## Additional Resources – Videos

- [Traditional Tobacco Use - Alberta Health Services \(AlbertaHealthServices.ca\)](#)
- [Respecting Tobacco: Traditional vs. Commercial Use - First Nations Health Authority \(Fnha.com\)](#)
- [Tobacco is Medicine - First Nations Health Authority \(Fnha.com\)](#)