

HEALTH RESOURCES FOR SCHOOLS: TOBACCO-USE IN FIRST-NATIONS, INUIT & METIS 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 Metis 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’ communities.

[Indigenous mental health and substance use \(sac-isc.gc.ca\)](http://sac-isc.gc.ca)

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.

muiniskw.org/pgCulture2f.htm

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

PUBLIC HEALTH
1-877-464-9675
TTY 1-866-512-6228
york.ca/tobacco

[Information regarding the Smoke-Free Ontario Act](#)

2.2 RECOMMENDED RESOURCES FOR FIRST NATION, INUIT AND METIS PEOPLE

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

cancercareontario.ca/en/resources-first-nations-inuit-metis

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 Metis youth. Someone who is "tobacco-wise" is defined as someone who can differentiate between traditional and commercial tobacco.

Tobaccowise.cancercareontario.ca/en

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

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

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.

Healthunit.com/traditional-tobacco-use

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](#)

4.0 American-Based Resources

4.1 KEEP IT SACRED @KEEPITSACRED

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.

Keepitsacred.org

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 Anishinabe (Ojibwe).

<https://pubmed.ncbi.nlm.nih.gov/15296576/>