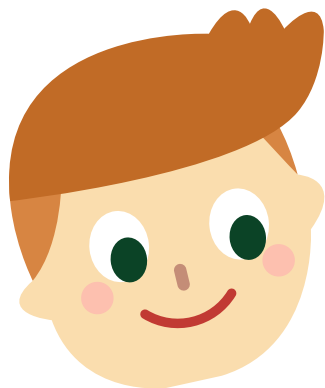




Be Tobacco Smart

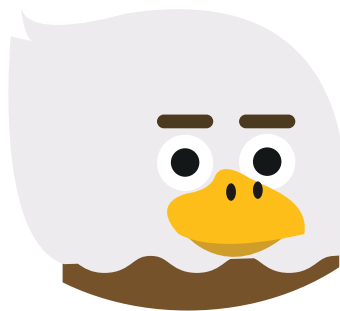




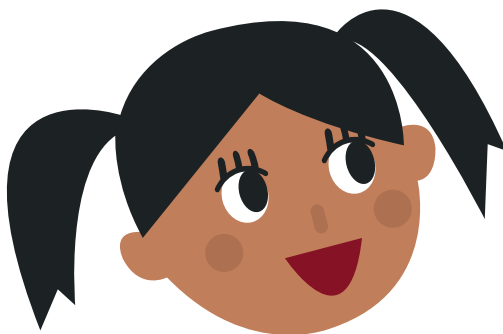
Lucas



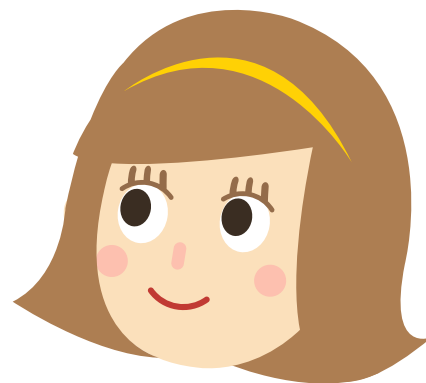
Duke the Dog



Elder Eagle



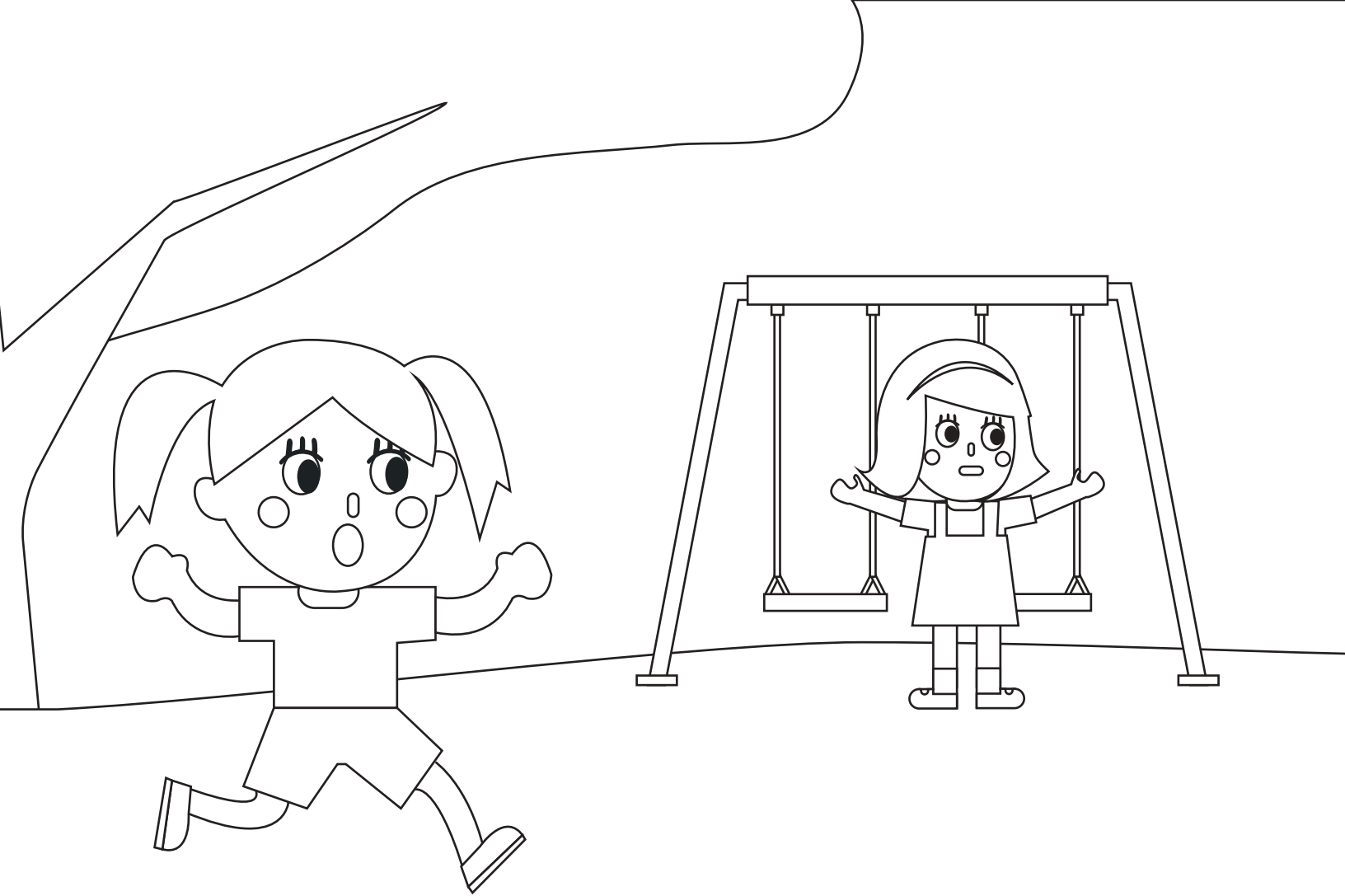
Harper



Ava



Look!

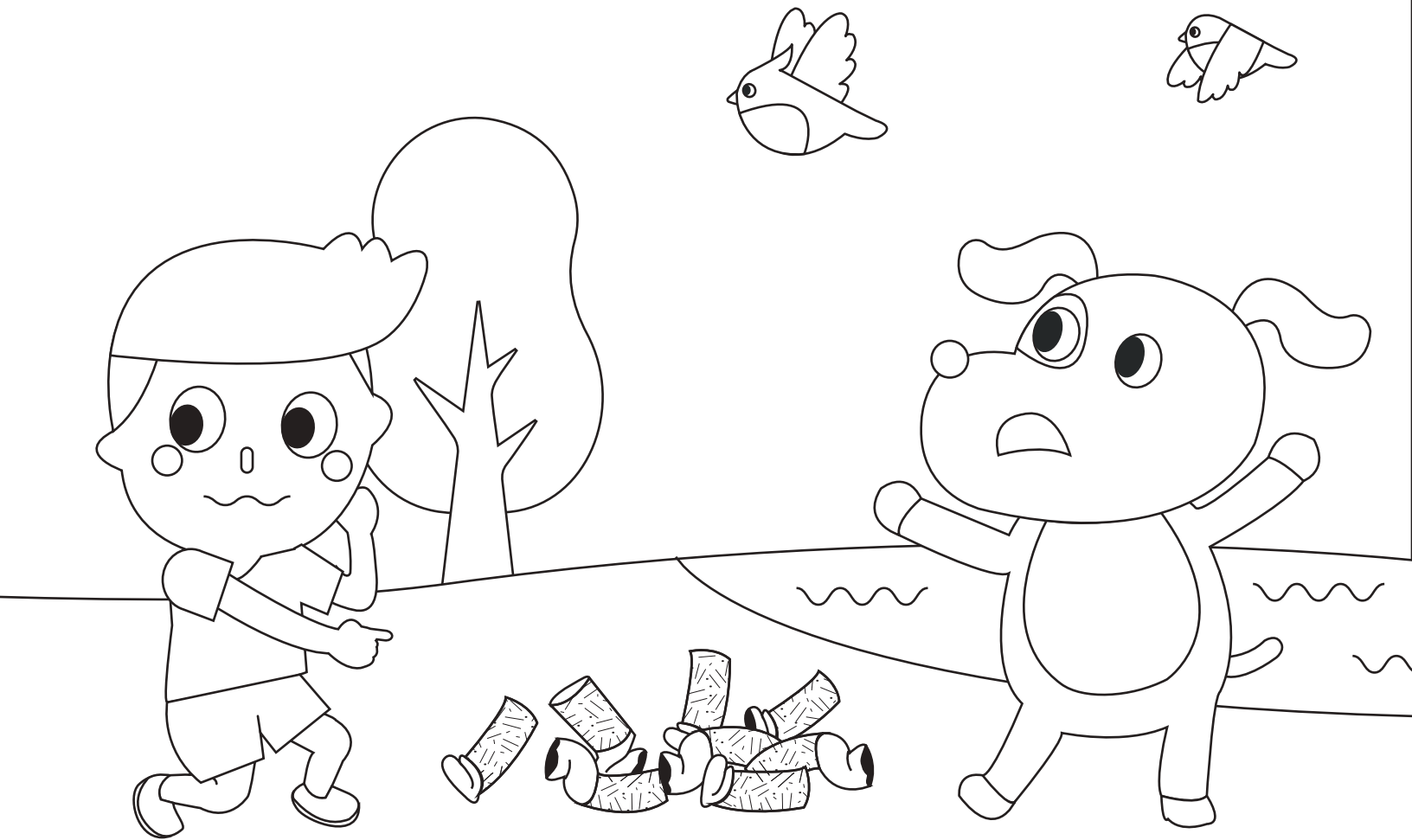


“What’s wrong?” asked Ava.

“There is a bunch of cigarette butts all over the playground!”
shouted Lucas.

“Don’t touch! Don’t touch!” a strange voice barked.

“Who said that?” asked Ava.



“Me, Duke,” the voice said. “I was running around looking at our beautiful playground. Seeing that pile of cigarette butts made me sad.”

“Why did it make you sad?” asked Ava.

“Because I know that smoking makes people sick. It even makes our beautiful Earth sick,” answered Duke.

“You know, my Aunt used to smile a lot, but stopped after smoking made her teeth turn really yellow,” said Harper.

“I wouldn’t want yellow teeth,” said Lucas.

“And my favourite Uncle Pete has super stinky breath from chewing tobacco,” Ava replied.

“Oh no!” said Harper.

“Smoking is so smelly. Why do people smoke anyway?” Lucas wondered.

“My Aunt told me that it’s really hard to stop smoking even if you really want to,” Harper said.

“She’s right,” said Duke. “There’s something in tobacco called nicotine.”

“Once your body has nicotine in it, it’s very hard to stop using tobacco because your body doesn’t feel good when the nicotine is gone.”

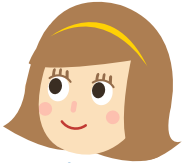


Who Said That?

Draw a line from the characters to what they said in the story.



Harper



Ava



Lucas



Duke

“Smoking is so smelly.”

“something in tobacco called nicotine”

“stinky breath”

“really hard to stop smoking”



“What happens if you keep on smoking?” asked Ava.

“Well,” started Duke, “when you light something and it burns, it makes chemicals that can hurt you. A burning cigarette makes a lot of stuff that can harm you.”

“Can that make you sick?” asked Harper.

“It can make you really sick,” said Duke. “People who smoke or chew tobacco are more likely to get cancer or have problems with their lungs or heart. It can even make it harder to run, climb and play.”

“I’d be really sad,” said Harper.



Crossword Fun

Using the clues from the story, put the missing words in the puzzle.

Climb up!



I can't,
I'm tired!

Across

- 3 It makes chemicals
- 5 When you _____ something
- 7 Problems with their _____
- 9 A _____ cigarette
- 11 More likely to get _____
- 12 Well," started _____

Down

- 1 If you keep on _____
- 2 Harder to run, _____ and play
- 4 Makes a lot of _____
- 6 Smoke or chew _____
- 8 Can that make you _____
- 10 "I'd be really sad," said _____



If you are having trouble, ask an adult for help.

**Can you imagine
a world
without play?**





**What is
that sound?**



“Hey, meet my friend Elder Eagle,” said Duke. “Elder Eagle, these are my new friends, Lucas, Ava and Harper”

“We have been talking about the cigarette butts they found in the playground.”

“We’ve been learning that tobacco can make you sick,” they said together.

“That’s very true, but tobacco is also a plant that has been used by Indigenous peoples for as long as anyone can remember,” said Elder Eagle.

“Really?” said Lucas, Ava and Harper together.

“Let me share what I know about tobacco.”





**Meet my friend
Elder Eagle!**

“To us, tobacco is a special plant. We use tobacco leaves in ceremonies and for prayer. We burn it in special fires, bury it in the ground and give it as a gift. We even use it to heal people.”

“So tobacco is not always bad?” asked Lucas.

“That’s right,” said Elder Eagle. “But it can be harmful if it is not used properly.”



“So you don’t use it like my Uncle Pete?” asked Ava.

“Or my Aunt Sarah?” chimed in Harper.

“That’s right,” said Elder Eagle. “To Indigenous people, tobacco means good things, like truth, love, bravery, honesty, wisdom, humility and respect.”

Find the Words

Circle the words below in the puzzle.

~~Indigenous~~

Bravery

Honesty

Humility

Love

Respect

Truth

Wisdom

I N D I G E N O U S

H W Y T I T T J L N

E B R A V E R Y N D

W I Y M B S P Q H H

H U M I L I T Y T O

L L S I U C M Y F N

O S R E S P E C T E

V W J G O T D T Z S

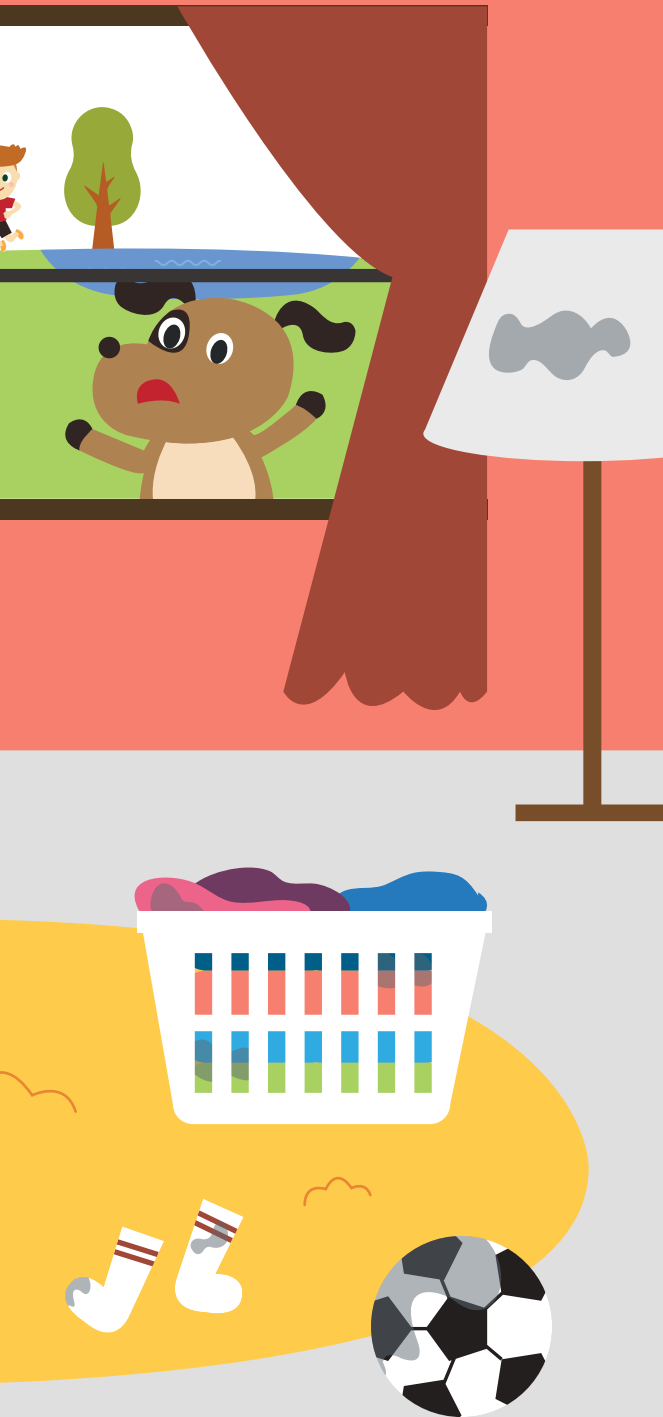
E M F I T R U T H T

W I S D O M W V Q Y

Spot the Smoke

Circle things that smoke sticks to and that can be harmed by smoke.





“Duke, you said that tobacco can make people sick even if they don’t smoke,” said Lucas.

“That’s right,” said Duke.

“The smoke that comes from the cigarette or out of someone’s mouth is harmful and is called second-hand smoke.”

“So I could breathe in smoke even if I’m not smoking?” asked Ava.

“You sure could,” said Duke.

“There is even something called third-hand smoke,” said Elder Eagle.

“Third-hand smoke stays on clothes, curtains, furniture, and walls; smoke can stick to lots of things.”

“Eeeeew!” exclaimed the children.

“If you or other little children or even your pets are around second- and third-hand smoke, it can be harmful,” continued Elder Eagle.

“Duke, you said that tobacco was bad for our environment. The Earth can’t smoke, silly!” said Harper.

“That’s right, Harper, it can’t,” laughed Duke.

“But tobacco can make the Earth sick in other ways.”



Spot the Tobacco Litter

Find all **8** cigarette butts in this picture.



“Just look at that pile of butts you found in the playground. Did you know that the bad chemicals in those butts drip into the ground and water? Chemicals are bad for plants and animals and us.”



“So why don’t we smoke cigarettes or chew tobacco?”
asked Duke.

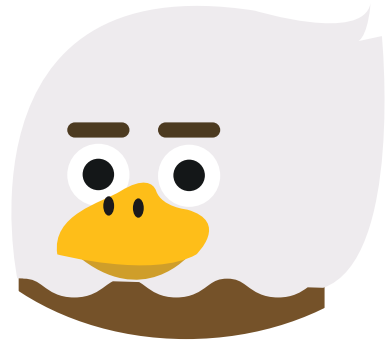
“Because we want to make healthy choices for us and for
the Earth,” shouted Lucas, Ava and Harper together.

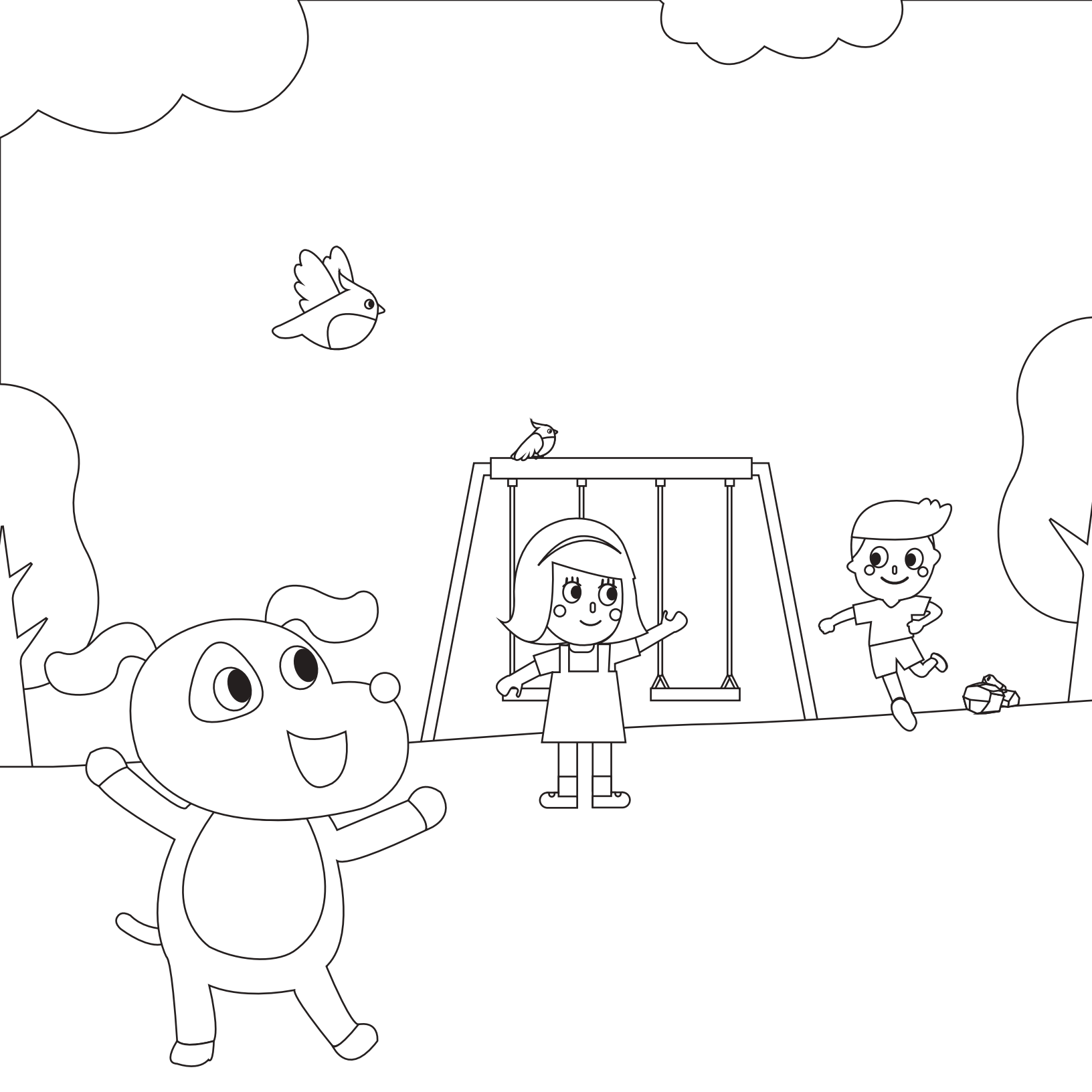
“And what are we going to do about this pile of cigarettes?”
asked Elder Eagle.

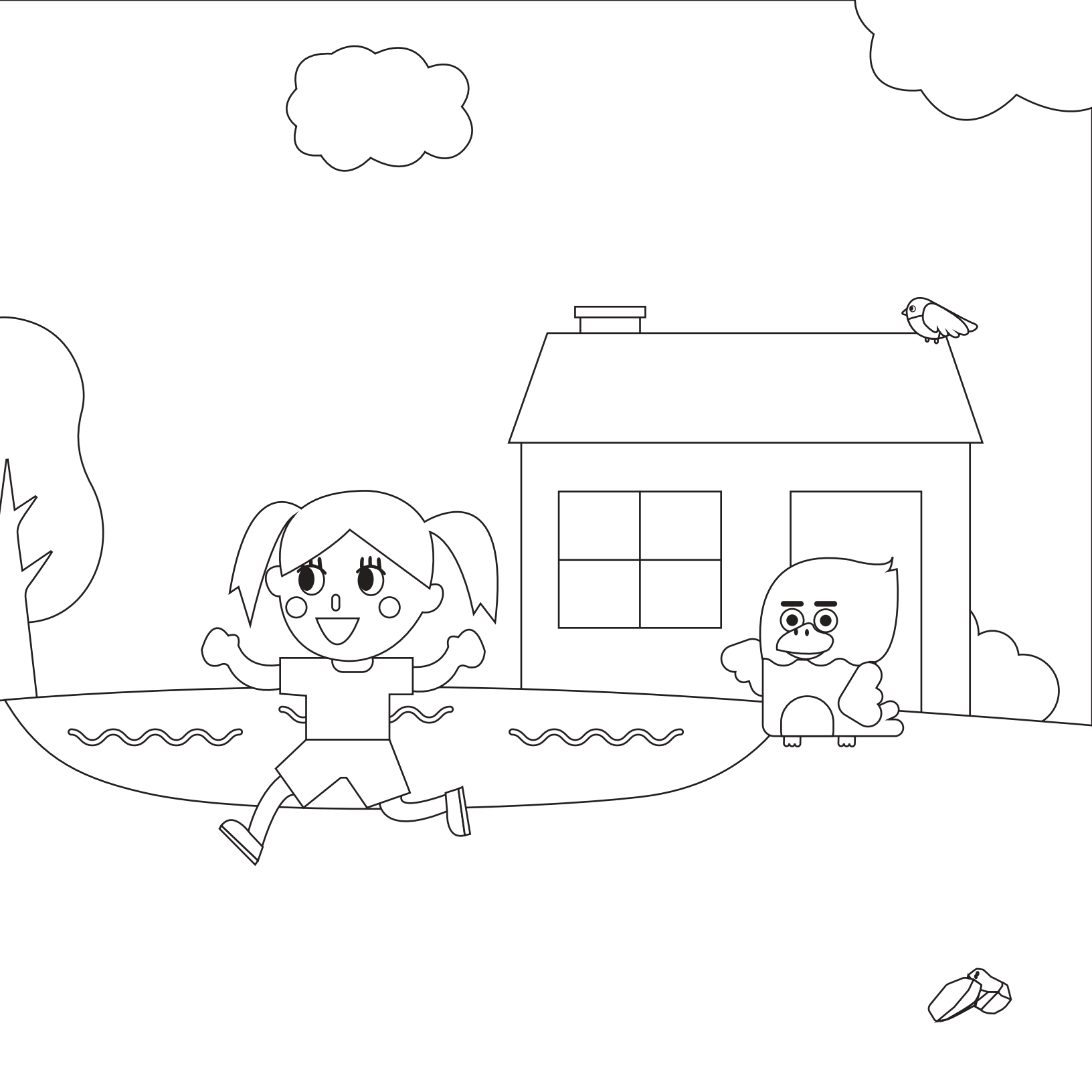
“We’re going to ask an adult to help us clean it up.”





**Thanks for joining us.
Be tobacco smart!**







For more information

 1-866-710-QUIT (7848)  www.albertaquits.ca



**Alberta Health
Services**

AlbertaQuits
FREE | CONVENIENT | PERSONALIZED