

Be Respectful.



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Tobacco Is Sacred.



## Traditional Tobacco

- When tobacco is offered to the earth and fire, it is held in the hand and not smoked.
- Some sacred pipes are smoked but not all pipes contain tobacco. Some tribes don't use tobacco at all and some will use a blend of tobacco and other herbs.
- Traditional tobacco teaches you discipline.
- You learn respect for the creator and all creation.
- You have a better understanding for your Indian culture.
- Traditional tobacco is free of chemicals and poisons.
- You gain spiritual development towards being a good person.
- You use it to pray with and is considered a Medicine for one's health and well being.
- It is used less than once a month. There is no risk of cancer when used this way.



Tobacco can make you sick if not used properly. Indian teens who smoke, chew or dip tobacco focus on the pleasure it gives them. They forget its harmful effects. Commercial tobacco is packed with poison, such as nicotine, and is very addictive. It tricks you into thinking it is harmless, but can cause serious health problems such as cancer.



Traditional tobacco is a gift from Mother Earth. It should be respected and used properly just like sweetgrass, sage, and cedar. Tobacco is a Medicine used by our people to pray with. It provides us with spiritual strength, guidance, discipline and protection. You should never abuse such a gift.



Indian teens can choose to be healthy and learn to use tobacco in a respectful and sacred way. This way you will help carry on the traditional ways of our Indian people. Make your elders and your ancestors proud.

**Tobacco is sacred! Be Respectful!**



## Commercial Tobacco

- Very high risk of cancer if you use chew, snuff, or smoke cigarettes.
- Gives you an unpleasant odor and bad breath.
- Chewing leads to gum disease, tooth decay and cancer of the mouth and throat.
- Commercial tobacco contains harmful chemicals such as arsenic (poison), acetone (nail polish remover), methanol (anti-freeze), nicotine (insecticide), ammonia (window cleaner), carbon monoxide (car exhaust), cyanide (rat poison), dimethyl benzyl (toilet bowl cleaner), formaldehyde (preserves dead tissue).
- When used daily it is easy to forget its harmful effects.
- It is highly addictive.
- Cigarettes discolor your teeth, cause lung cancer and heart disease.
- Smoking can permanently damage your eyes, throat, bones, joints and skin-even if you later quit.