

If a child or youth asks you for tobacco, what can you do?

Give *stories, wisdom, support, security* instead.

Family, friends and Elders can offer their **stories** and **wisdom**. Have a get-together and start a conversation with our children about tobacco.

Support young people to live tobacco-free. Give **security** by protecting them from the harms of tobacco.

Young people get addicted to tobacco quickly.

For more information about talking with children and youth:
Talk to a nurse, community health representative, other parents, Elder or another person you trust.

Contact the QuitLine
Toll free: 1-866-368-7848 • Email: quithelp@gov.nu.ca

See Tobacco Has No Place Here on Facebook.

Go to: www.nuquits.ca



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NUQUITS.CA | 1.866.368.7848

For tips and resources, visit:
NUQuits.ca

Pass on something better

by not giving tobacco to kids.



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Caregiver Guide Talking to our children about tobacco

Talking about tobacco helps young people make good choices. This guide can help start the conversation.

Our children do not need to be nervous to talk about tobacco.

Tobacco has never been part of Inuit culture. Help young people understand why

Tobacco Has No Place Here.



Stories

How have our culture, history and *stories* guided our lives?
If we give our kids tobacco, how will it shape their *stories*?

Conversation Starters

- Has anyone talked to you about their experiences with tobacco? What did they tell you?
- Do you know anyone who became sick because of smoking? What was their story?
- What was life like in the past without tobacco?



Wisdom

How have our life experiences given us *wisdom*?
If we give our kids tobacco, what *wisdom* will they gain?

Conversation Starters

- What do you know about tobacco, and what would you like to know?
- What activities can you do instead of smoking (sports, singing, hunting, fishing)?
- What would be a wise way to spend money instead of buying tobacco?
- What would a tobacco-free Nunavut mean for our future?



Support

How has *support* from our families made our lives better?
If we give our kids tobacco, how will it *support* them?

Conversation Starters

- If your friends started smoking, how could you support them to be tobacco-free?
- What kind of role model do you want to be?

People who smoke can still support young people to be smoke-free.



Security

How have we received *security* and been protected from harm?
If we give our kids tobacco, how will it give them *security*?

Conversation Starters

- Why do you think smoking is so dangerous?
- How does smoking hurt people around you?
- What can we do to protect our friends and family from the dangers of smoking?

Chewing tobacco and snuff are not safe.

