



ᐅᑦᑎᐱᐅᑦ ᐱᐅᐅᐱᐅᑦ ᐱᐅᐅᐱᐅᑦ
Building Nunavut Together
Nunavut liuqatigiingniq
Bâtir le Nunavut ensemble









TOBACCO, VAPING AND CANNABIS RESOURCES ORDER FORM


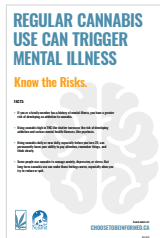


The tobacco, vaping and cannabis resources on this order form are organized by resource type. Feel free to order from any of the categories that you think will be useful for you.





Please indicate the language and quantity of resources you need by using the drop-down menus. Save and email the completed form to tobacco@gov.nu.ca or fax to 867-979-8648. If using the form on the nuquits.ca website, there will be an electronic option to submit at the end.





NAME:	MAILING ADDRESS:
ROLE:	
PHONE NUMBER:	





PICTURE	DESCRIPTION	#/LANGUAGE			
POSTERS					
	<p><u>Face It / We Can Be Better Poster</u></p> <p>Visual information on the harms of tobacco use and the benefits of reducing/quitting.</p> <p>REVISED: September 2018</p>	ENG	INUK	INN	FR
		copies	copies	copies	copies
	<p><u>Poisons In Tobacco Poster</u></p> <p>Visual information on the chemical contents of tobacco.</p> <p>REVISED: September 2018</p>	ENG	INUK	INN	FR
		copies	copies	copies	copies

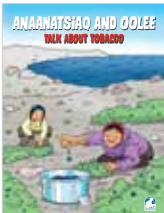



PICTURE	DESCRIPTION	#/LANGUAGE			
	<p>What's In Your Vape? Poster Visual information on the chemicals contents of electronic cigarettes.</p> <p>REVISED: June 2024</p>	ENG	INUK	INN	FR
	<p>Before and After Poster Visual comparison of historical and modern Inuit women using amautiit and not using tobacco.</p> <p>REVISED: December 2015</p>	ENG	INUK	INN	FR
	<p>"Quitting Sounds Good To Me" Poster Designed for youth to promote reducing and quitting tobacco using Nicotine Replacement Therapy.</p> <p>REVISED: May 2018</p>	ENG	INUK	INN	FR
	<p>Youth and Cannabis Use Poster Posters to visualize how cannabis use affects youth.</p> <p>REVISED: January 2021</p>	ENG	INUK	INN	FR






PICTURE	DESCRIPTION	#/LANGUAGE			
	Pregnancy and Cannabis Use Poster Posters to visualize how cannabis use affects pregnant women. REVISED: January 2021	ENG	INUK	INN	FR
	copies	copies	copies	copies	
	Mental Illness and Cannabis Use Poster Posters to visualize how cannabis use affects mental health. REVISED: January 2021	ENG	INUK	INN	FR
	copies	copies	copies	copies	
Interactive Resources					
	Smokers' Lungs Demonstration Kit *Lesson plan and demonstration video available*	ENGLISH ONLY			
	A set of real pig lungs; one lung shows a non-smoker while the other lung shows a 20-year smoker of a pack per day. Available through the Community Health Representative. NOTE: Only one per community can be accommodated. You may wish to check with your CHR first.	sets			
	Humectant for Smokers' Lungs Propylene glycol solution to preserve and keep pig lungs moist.	ENGLISH ONLY			
		bottle(s)			





PICTURE	DESCRIPTION	#/LANGUAGE		
	<p>Tobacco Trivia Wheel *Lesson plan and demonstration video available*</p> <p>A made in Nunavut game that educates community members through a question and answer format. Game cards available from the Community Health Representative that can be used with the trivia wheel.</p> <p>REVISED: October 2024</p>	ENG/ INUK	ENG/ INN	ENG/ FR
	<p>Cannabis Trivia Wheel *Lesson plan and demonstration video available*</p> <p>A made in Nunavut game that educates community members about cannabis risks and harm reduction through a question and answer format. Game cards provided that can be used with the trivia wheels already available. Available from the Community Health Representative.</p> <p>REVISED: March 2020</p>	ENG/ INUK	ENG/ INN	ENG/ FR
	<p>Tobacco and Cannabis Jeopardy Game *Lesson plan and demonstration video available*</p> <p>A made in Nunavut game that educates community members through a question and answer format. Comes with a game board and cards. Available from the Community Health Representative.</p> <p>REVISED: February 2020</p>	ENG/ INUK	ENG/ INN	ENG/ FR
	<p>Bubbles *Lesson plan available*</p> <p>The bubbles solution can be used with the lesson plan to demonstrate second and third-hand smoke to community members.</p>	ENGLISH ONLY		
		bottle(s)		




PICTURE	DESCRIPTION	#/LANGUAGE		
	<p><u>Game of a Tobacco and Substance-Free Life Board Game</u> *Lesson plan and demonstration video available*</p> <p>A made in Nunavut board game that discusses how tobacco, cannabis and alcohol affects the baby and mother, and what supports are available for quitting and reducing tobacco use. Available at Canada Prenatal Nutrition Programs (CPNP).</p> <p>REVISED: April 2020</p>	ENG/ INUK	ENG/ INN	ENG/ FR
		copies	copies	copies
	<p><u>Mr. Gross Mouth</u> *Lesson plan available*</p> <p>This educational model shows the effect that smokeless tobacco (chew/snuff) has on the mouth.</p> <p>NOTE: Only one per community can be accommodated. You may wish to check with your CHR and COHC first.</p>	ENGLISH ONLY		
		model(s)		
	<p><u>Smokerlyzer Carbon Monoxide Monitor</u> *Lesson plan and demonstration video available*</p> <p>This handheld testing device demonstrates the level of carbon monoxide in a person's body from smoking or second-hand smoke. Available from the Community Health Representative.</p>	ENGLISH ONLY		
		monitor(s)		
	<p><u>D-Pieces for Smokerlyzer</u> These plastic pieces are needed to operate the Smokerlyzer and should be replaced every 30 uses or if contaminated. A new Steribreath mouth-piece is inserted into the D-piece before each use.</p>	12 PER BOX		
		box(es)		



PICTURE	DESCRIPTION	#/LANGUAGE		
	SteriBreath Mouthpieces for Smokerlyzer The smaller SteriBreath mouthpieces look like a straw and must be replaced every time someone blows into the Smokerlyzer. They must be inserted into the D-piece.	250 PER BOX		
		box(es)		
	Cigarette Cost Calculator *Lesson plan and demonstration video available* A tool to demonstrate the financial cost of smoking. Turn the wheel to the number of cigarettes that are smoked per day and the community member will quickly see how much they can save. REVISED: July 2018	ENG/ INUK	ENG/ INN	ENG/ FR
	Chew Cost Calculator *Lesson plan and demonstration video available* This tool is targeted to the smokeless (chew, snuff) tobacco user to demonstrate the financial cost of chew use. Turn the wheel to the number of cans/tins of chew that is used per week and the community member will quickly see how much they can save. REVISED: July 2016	ENG/ INUK	ENG/ INN	ENG/ FR
	Cannabis Cost Calculator *Lesson plan and demonstration video available* A tool to demonstrate the financial cost of using cannabis. Turn the wheel to the number of grams or ounces that are consumed per week and the community member will quickly see how much they can save. REVISED: January 2021	ENG/ INUK	ENG/ INN	ENG/ FR
		copies	copies	copies




PICTURE	DESCRIPTION	#/LANGUAGE			
	<p>“Anaanatsiaq and Oolee Talk About Tobacco” Activity Book An activity book (including word puzzles, mazes and more!) for Grades 2 to 5.</p> <p>REVISED: September 2024</p>	ENG/ INUK	ENG/ INN	ENG/ FR	
		copies	copies	copies	
	<p>“Say No To Tobacco” Colouring Book A colouring book (with crayons) for Kindergarten to Grade 3.</p> <p>REVISED: April 2019</p>	ALL LANGUAGES IN ONE			
		copies			
Health Care Provider and Outreach Worker Tools					
	<p>3As Guide to Brief Tobacco Intervention *Demonstration video available*</p> <p>Laminated quick reference tool on the 3As of brief tobacco intervention.</p> <p>REVISED: December 2019</p>	ENG	INUK	INN	FR
		copies	copies	copies	copies
	<p>5 As Guide to Brief Tobacco Intervention *Demonstration video available*</p> <p>This double-sided resource explains the evidence-based brief tobacco intervention technique called the 5 As and the behaviour change model called Stages of Change.</p> <p>REVISED: December 2019</p>	ENGLISH ONLY			
					copies

PICTURE	DESCRIPTION	#/LANGUAGE			
	<u>Varenicline/Bupropion Fact Sheet</u> Double-side information sheet about smoking cessation pills available in Nunavut, how they work, side effects and dosing. REVISED: December 2019	ENGLISH ONLY			
		copies			
	<u>Nicotine Replacement Therapy (NRT) Fact Sheet</u> *Demonstration videos available* This double-sided information sheet describes NRT, how it works, the different types, side effects and how much is available through Non-Insured Health Benefits (NIHB). REVISED: December 2019	ENGLISH ONLY			
		copies			
	<u>USB with Training Module and Resources</u> A USB containing both on-line training modules and all tobacco and cannabis resources.	ALL LANGUAGES IN ONE (ENG, INUK, INN, FR)			
		copies			
	<u>Radio Scripts</u> A series of radio scripts to educate community members on the harms of using tobacco and cannabis products, as well as where to get resources and support. REVISED: November 2024	ENG	INUK	INN	FR
		AVAILABLE AS DIGITAL COPIES ONLY.			
	<u>Quitline Fax Referral Forms</u> This form is designed for use by health care providers to refer clients for counselling and follow up through the Nunavut Quitline. REVISED: December 2014	ENG	INUK	INN	FR
		copies	copies	copies	copies

PICTURE	DESCRIPTION	#/LANGUAGE			
Handouts					
	<p>Medication Guide</p> <p>K-card style info sheet on how to use nicotine gum, patch, lozenge, mouth spray and inhaler, as well as Champix™.</p> <p>REVISED: July 2023</p>	ENG	INUK	INN	FR
		copies	copies	copies	copies
	<p>Tobacco Reduction Resources Pocket Guide</p> <p>Double-sided pocket-sized reference on tobacco cessation resources available for Nunavummiut.</p> <p>REVISED: December 2019</p>	ENG/ INUK	ENG/ INN	ENG/ FR	
		copies	copies	copies	
	<p>Smoke-Free Home and Smoke-Free Vehicle Stickers</p> <p>Take home items to give out at community events to create awareness of Nunavut's tobacco laws.</p> <p>REVISED: December 2023</p>	ENG/ INUK	ENG/ INN	ENG/ FR	
		copies	copies	copies	
	<p>Quitline Sticky Notes</p> <p>This Post-It™ sized reference tool can be given to community members so they have the Quitline phone number to use when they need it (tear-off sheets/50 per unit).</p> <p>REVISED: June 2015</p>	ENG	INUK	INN	FR
		copies	copies	copies	copies

PICTURE	DESCRIPTION	#/LANGUAGE			
	<p>Quit Calendar This calendar guides the tobacco user through a day-by-day quit starting two weeks before a planned quit with daily motivational messages.</p> <p>REVISED: December 2019</p>	ENG	INUK	INN	FR
	<p>Quit Plan Pocket sized information sheet with tips to prepare for reducing or quitting tobacco and vaping.</p> <p>REVISED: July 2024</p>	ENG	INUK	INN	FR
	<p>Caregiver Guide Parent and guardian focused resource on how to talk with children about tobacco, vaping and cannabis in a supportive way.</p> <p>REVISED: September 2024</p>	ENG	INUK	INN	FR

PICTURE	DESCRIPTION	#/LANGUAGE			
	Handouts and Fact Sheets Double sided information sheets on the following topics: <ul style="list-style-type: none"> <input type="checkbox"/> Weight Gain and Quitting <input type="checkbox"/> Health Effects of Smoking and Second-Hand Smoke <input type="checkbox"/> Smokeless Tobacco <input type="checkbox"/> Tobacco Use During Pregnancy <input type="checkbox"/> Tuberculosis and Smoking <input type="checkbox"/> Lung Cancer and Smoking <input type="checkbox"/> Vaping and Youth <input type="checkbox"/> Tobacco, Vaping and the Environment <input type="checkbox"/> Tobacco, Vaping, Cannabis and Mental Health 	ENG	INUK	INN	FR
	REVISED: February 2024	copies	copies	copies	copies
	Cannabis Rack Card Handout that reviews the health effects of cannabis use and how to reduce the risks.	ENG	INUK	INN	FR
	REVISED: December 2019	copies	copies	copies	copies

PICTURE	DESCRIPTION	#/LANGUAGE		
		ENG/ INUK	ENG/ INN	ENG/ FR
	<p>Cannabis Fact Sheets Handouts that provide information on:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cannabis Edibles <input type="checkbox"/> Cannabis Concentrates <input type="checkbox"/> Harm Reduction <input type="checkbox"/> Cannabis Myth Busting <p>REVISED: April 2021</p>	copies	copies	copies
Swag				
		ENG/ INUK	ENG/ INN	ENG/ FR
	<p>Quit Kits Contains motivational material intended to help prepare tobacco users for their quit attempt.</p> <p>REVISED: January 2024</p>	copies	copies	copies
	<p>Toques Winter hats with the Tobacco Has No Place Here logo. Great for prizes at community events.</p>	ALL LANGUAGES IN ONE copies		