



TRADITIONAL TOBACCO is a GIFT FROM MOTHER EARTH

Tobacco bears many gifts, both symbolic and medicinal. It is only in its commercialization that most of modern society has lost the opportunity for a respectful relationship to this plant.

As a symbolic gift, Tobacco represents friendship and the sharing of fire & warmth.

Tobacco's smoke symbolically lifts our minds and prayers to the Creator, so it is used in prayer and when sharing thoughts with friends.

Make Your Ancestors
and
Elders Proud!

You Can Quit!
Talk with your doctor for help.

USEFUL RESOURCES

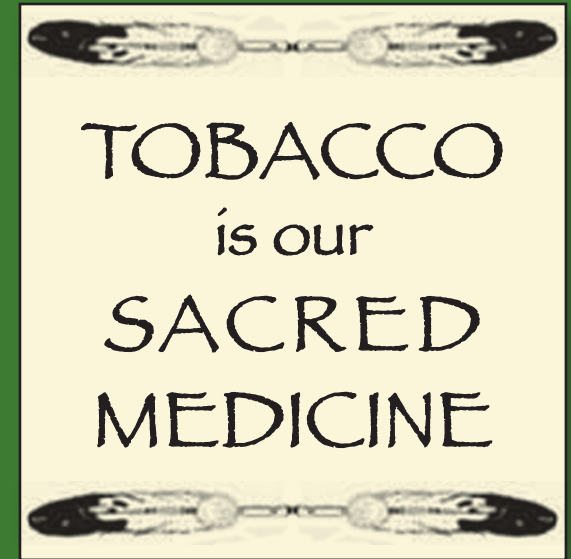
RI Smokers' Quitline
1-800-QuitNow, 1-800-784-8669
<http://www.quitnowri.com>

A free service providing individualized quit support from a trained quit coach, free cessation information, multi-session phone counseling, and self-help materials.

Narragansett Indian Health Services
401-364-1100 ext. 0
4533 South County Trail
Charlestown, RI 02813

The National Native Network
www.KeepItSacred.org

The Chariho Task Force on
Substance Abuse Prevention
Astrid Meijer, M.Ed.
Tobacco Control Program Coordinator
astridmeijer@cox.net
P.O. Box 611
Wyoming, RI 02898



COMMERCIAL TOBACCO is bad for us!

Commercial tobacco, found in cigarettes, chew, dip, little cigars, and hoo-kah can kill you & those around you.

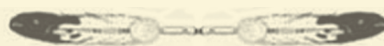
Tobacco-related illnesses kill 440,000+ people every year. More than AIDS, suicides, murders, drug overdoses & car accidents combined, and is harder to quit than heroin or crack cocaine. It contains toxic chemicals like ammonia, arsenic (poison), acetone (nail polish remover), methanol (anti-freeze), carbon monoxide (car exhaust), and cyanide (rat poison), to name a few.



Our Traditions Remain Strong

Sacred tobacco should be respected & used properly, just like sweet grass, sage and cedar. Tobacco is a medicine used by our people to pray with. It provides us with spiritual strength, well-being, guidance, discipline & protection.

***You should never abuse
such a gift.***



Did you know?

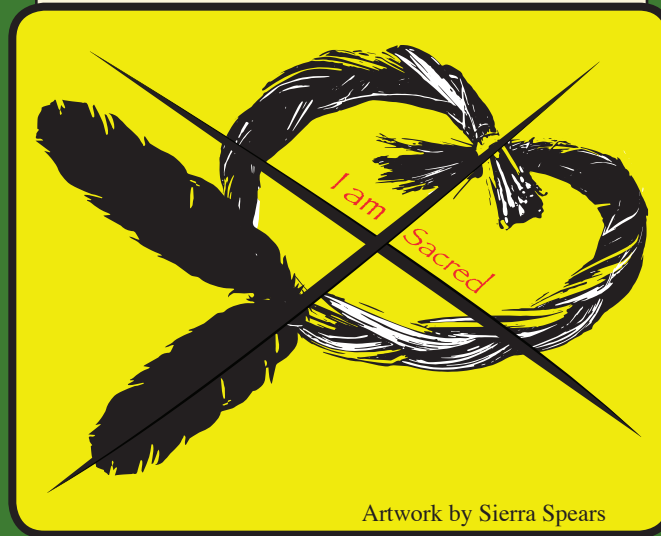
31.5 % of American Indians / Alaskan Natives smoke, compared to 20.6% of Whites, 19.4% of African Americans, 12.9% of Hispanic and 9.9 of Asian Americans.

(National Health Interview Survey, 2011)

The tobacco industry uses Native American imagery to sell the false idea that some cigarettes are less dangerous.

Sacred Uses of Tobacco

- When tobacco is offered to the earth and fire, it is held in the hand and never smoked
- Traditional tobacco teaches you discipline. You learn respect for the Creator and all creation
- By following sacred traditions, you have a better understanding of your Indian Culture
- Traditional tobacco is free of chemicals & poisons
- You gain spiritual development towards being a good person
- It is used less than once a month. When used this way, there is no risk of illness or cancer



Artwork by Sierra Spears