Are you ready to start your Quit Journey?

Everyone has something to gain from reducing their use or even quitting commercial tobacco – and the benefits begin almost immediately.

Join our Tobacco Timeout Challenge. Sign up today to commit to quitting for 24 hrs: TobaccoTimeout.ca

Add Inside Out, an interactive game on second-hand smoke, to one of your community gatherings! Contact the Respecting Tobacco team for a copy.

Listen to our Tobacco Podcasts:
Season One: Smokestack Sandra
https://soundcloud.com/firstnationshealthauthority/sets/smokestack-sandra
Season Two: Tobacco Nation
https://soundcloud.com/firstnationshealthauthority/sets/tobacco-nation

Contact Us

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fnha.ca/respectingtobacco

Keeping Tobacco Sacred

Since time immemorial, natural tobacco has been an important part of Indigenous cultures in many parts of BC and Canada. Used in ritual, ceremony and prayer, tobacco is considered a sacred plant with immense healing and spiritual benefits.
Keep Tobacco Sacred

The tobacco plant is a sacred medicine and should be treated with great respect. Non-traditional or commercial tobacco, such as cigarettes and chew/snuff, has many harmful chemicals added to it to make it more addictive and it causes lung diseases, lung cancer, heart disease, cancers of the upper respiratory tract, and pregnancy risks.

Smoking commercial tobacco is the leading cause of preventable death in Canada. Be careful not to confuse traditional tobacco and its sacred uses with commercial tobacco and the addiction epidemic we see today.

Tobacco Rituals

SMOKE:
The most common way tobacco is used is to burn it for a ceremony.
The tobacco is either smoked in a pipe, burned on a fire or in coals to connect with the Creator.
The pipe ceremony is used for sharing and gathering and negotiations, while the smudge ceremony is used for purifying and cleansing.

WITHOUT SMOKE:
Some First Nations use tobacco without burning it. The dried leaves may be placed on the ground, in the water or near sacred places as a way to offer respect and gratitude.
Tobacco has been a traditional gift for Elders and Knowledge Keepers, in return for guidance, healing or for leading a ceremony.
Dried tobacco leaves may also be worn or hung in the home for protection.