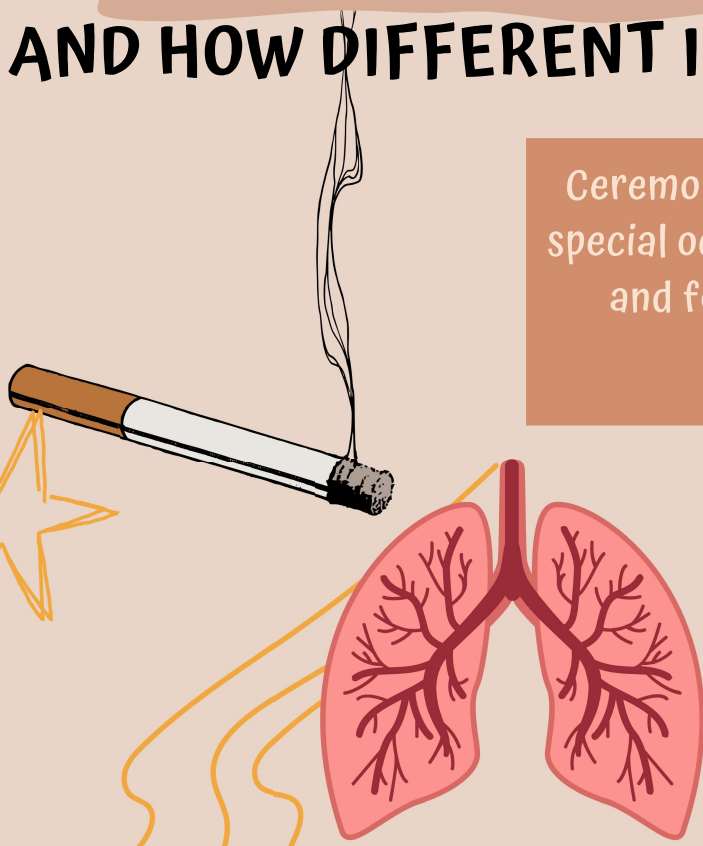


## THE IMPORTANCE OF


# CEREMONIAL TOBACCO

## AND HOW DIFFERENT IT IS FROM EVERYDAY USE



Ceremonial tobacco is used for special occasions, rituals, prayer and for powerful spiritual meanings.

Commercial tobacco is about addiction to nicotine and has added chemicals



Ceremonial tobacco you use very rarely while commercial users use it almost everyday for pleasure.

Ceremonial tobacco is SO important to Indigenous peoples. It is used for a variety of medicinal purposes. Tobacco establishes a direct communication link between a person and the spiritual world.

# Commercial

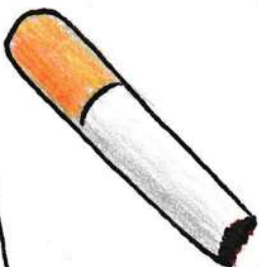
► Commercial Smoking is marketed as a tool of making you feel good, when it's really doing the opposite

► They are loaded with toxins that will cause serious illness or even death

► Cigarettes create more than 7,000 chemicals, at least 69 of these chemicals are known to cause cancer

► A poisonous gas called carbon monoxide is tied in cigarettes which means organs of the body don't get the amount of oxygen they need, working the heart more

Smoking...



# Ceremonial

► During special ceremonies it is burned in a pipe but not inhaled

► They use tobacco for prayers, offerings, ceremonies, as medicine and gifts

► It opens the soul to allow the spirits to bring their healing powers and remove negative energy

► It's grown and dried, with no chemicals added in

► Traditional tobacco has been used for spiritual and medicinal purposes by these communities for generations



# #StopVapingSaveEnvironment

## HAZARDOUS WASTE

### AEROSOL

Components of e-liquid and

### E-LIQUID

- Acrolein
- Acetamide
- Propylene oxide
- ~~Formaldehyde~~
- ~~Acetaldehyde~~
- ~~Heavy metals~~  
eg. Lead, Mercury, Cadmium
- ~~Volatile Compounds~~
- ~~Particulate Matter~~
- ~~Nicotine~~
- ~~Flavorings~~
- ~~Vit E Acetate~~
- ~~Tetrahydrocannabinol~~

Poison and Pollute

## TECH WASTE

ATOMIZER - Circuit board contains plastic and heavy metals

BATTERY - Incorrect disposal

Leaching

Fire Hazard

## PLASTIC WASTE

BATTERY COVER  
BUTTON

Single use plastic

Toxic e-liquid residue

Microplastic pollution

Disposable vapes add to more than 50 million tonnes of electronic waste... globally each year (CBC)



Interior Health



# STOP



# FOR Earth.

11% of Wildfires  
Start from Cigarettes!

8 - Pollute  
our Earth



# VAPING-WORTH IT?

## BRAIN RISKS

- Nicotin changes how synapses are formed, which harms parts of the brain that control attention and learning
- Cognitive deficits

## EFFECTS ON HUMAN

- Muscle cell damage
- Promotes liver damage
- Impaired hearing
- Inflammation and chronic kidney disease

## LUNGS + ORAL HEALTH

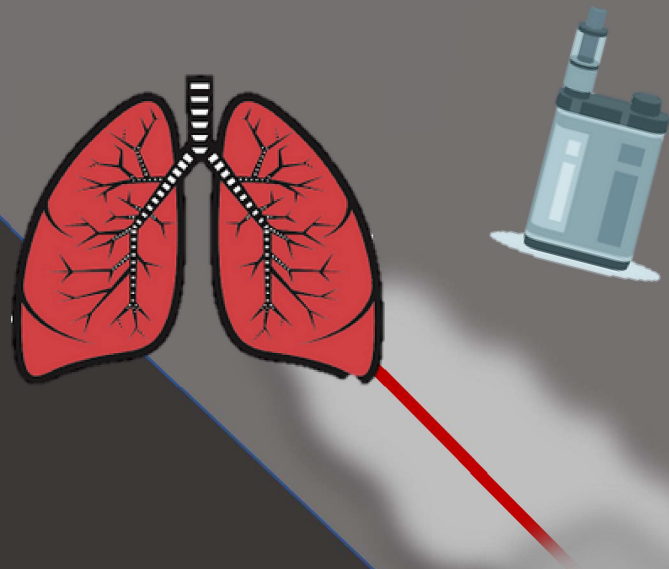
- Acutely or chronically impacts lung function
- Lung injury-EVAL
- Dry or sore mouth, tongue or throat
- Mouth lesions and ulcer

## HEART HEALTH

- Increase in blood pressure
- Oxidative stress that causes, fore, chronic fatigue memory loss

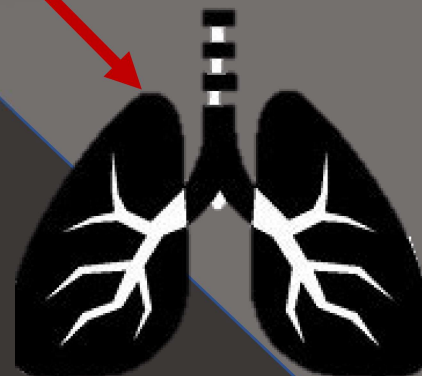


# Vaping is a slippery slope



Vaping has severe affects to your health, with blurred lines on how truly bad it really is. ditch the Vape, save your life.

- Heavy metals
- Permanent brain damage
- Formaldehyde
- Lung disease
- Cardiovascular disease (heart disease)
- Addictive
- One cartridge is worth a whole pack of cigarettes





Save your lungs, save your life!

Harmful chemicals  
In cigarette smoke  
Can cause  
Irreversible damage

The nicotine in cigarettes means  
you'll never want to stop,  
even if it's killing  
you.



Interior Health



# BREAKING NEWS



## IT IS OK

Hey, you! Yeah, the person reading this poster. I'm glad this poster caught your attention, even if it isn't relevant to you. I could go on to tell you all about the negative impact cannabis has on kids your age—how it disrupts your brain development, causes difficulties in school, blah, blah. But you already know all that stuff, and maybe it makes you feel guilty for what you're willingly doing to yourself, or maybe you just don't care. Either way is okay. It takes some adults years before they begin to quit an addiction, but the point is they still reach the point of wanting to quit. You will get there if you want to; just take it one step at a time.

MORE INFORMATION AT [TEENS: QUITTING TOBACCO OR VAPING \(IH\)](#)

## CANNABIS USE IN CANADA CONTINUES TO RISE



Marijuana is one of the most common addictions in Canada. People and youth who use it daily have a high chance of developing a use disorder.

## CANNABIS IS BEING MODERNIZED FOR TEENAGERS IN ART



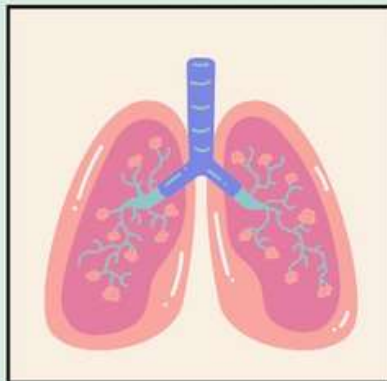


# Say no to tobacco, nicotine, and cannabis



## Health Awareness

- Around 4.5 trillion cigarette filters pollute our forests, sidewalks, beaches, parks, and oceans
- Smoking causes soil degradation, pollution and deforestation, and is contributing to adverse climate change and biodiversity losses.



Smokers have a thinner cerebral cortex than non smokers, that part of the brain is used for critical thinking skills which also include learning and memory. Smoking also affects the blood vessels, heart, mouth, reproductive organs, lungs, bladder, bones, and digestive organs



- Roughly 1 in 10 people who start smoking cannabis before 18 become highly addicted.
- Tobacco kills up to 80% of users who don't quit.



- Companies often try to hook you in by using humour and making fancier packaging as a way to draw attention to their company
- Many smoking industries target young adults and teens to try and up their sales.



**If you or anyone you know is struggling with addiction call  
1(800) 633-1441**





Marijuana causes depression anxiety and suicidal thoughts To be heightened

Smoking doesn't just effect you



36.7% men  
Around 80% of the world's population smokes  
7.8% women

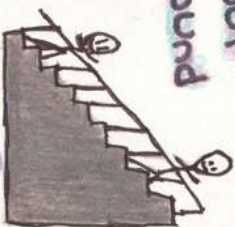


My mind kills me



Marijuana affects alertness and your movement harms athletic performance

what about People around you and the world you live on



Stairs? out of breath

# Anti-Smoking

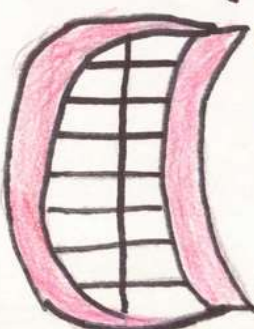
Your kids are Gonna see you smoke and wanna do it learnt behavior



Teens Lungs collapsed From Naping Popcorn Lungs

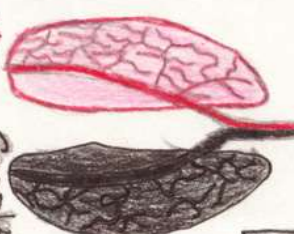
Smile !!

If you don't smoke don't try it, it's not worth it



Smoking your TEETH EFFECTS

Smoking kills

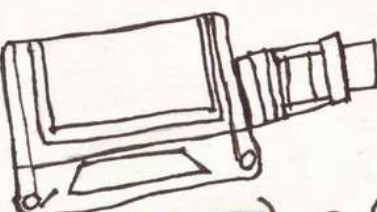
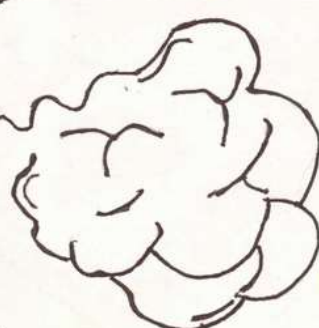


Non Smoker



DEAD FROM Smoking

20% OF ALL cancers are caused from smoking 80% of lung cancers (lung die)



FLAVOURED AIR? NO!!! BREATHE REAL AIR



# ONCE CAN LEAD TO FOREVER



-Smoking and vaping both lead to tooth decay

-Your chances of cancer are higher if you smoke or vape

According to World Health Organization,  
tobacco kills more than 7 million people a year.





SMOKING  
BREAKS  
HEARTS!

Get help today.



Don't let your future go up in a cloud of smoke!



# Quit Now!



E-CIGARETTES CAN  
CONTAIN HARMFUL AND  
POTENTIALLY HARMFUL  
INGREDIENTS,  
INCLUDING:  
ULTRAFINE PARTICLES  
THAT CAN BE INHALED  
DEEP INTO THE  
LUNGS!



NICOTINE IS  
HIGHLY ADDITIVE!

THEY WANT YOU TO THINK IT'S SAFE BUT IT'S NOT!

SMOKING CAUSES CANCER, HEART DISEASE, STROKE,  
LUNG DISEASES, DIABETIES, AND INCREASES THE  
RISK FOR TUBERCULOSIS, CERTAIN EYE DISEASES,  
AND PROBLEMS OF THE IMMUNE SYSTEM!

TOBACCO RAISES YOUR  
BLOOD PRESSURE AND  
SPIKES YOUR  
ADRENALINE, WHICH  
INCREASES YOUR HEART  
RATE AND THE  
LIKELIHOOD OF HAVING  
A HEART ATTACK!



Interior Health

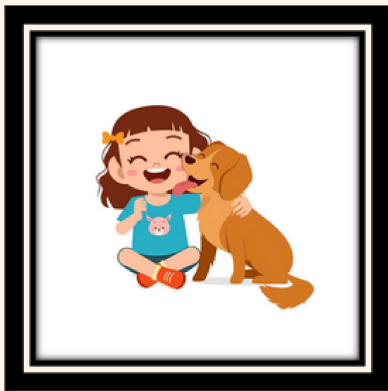




# KILL THE CIGARETTES BEFORE THEY KILL YOU



OVER 6,000 PEOPLE DIE PER YEAR IN  
OUR PROVINCE DUE TO TOBACCO  
SMOKING.



SMOKING CAN BE ABSORBED THROUGH THE  
MOUTH AND SKIN AND CAUSE NICOTINE  
POISONING, ESPECIALLY TO YOUNG KIDS AND  
PETS.



EXPOSES PEOPLE TO MANY CHEMICALS  
AND HEAVY METALS, SOME KNOWN TO BE  
HARMFUL.



TOBACCO USE IS THE LEADING  
CONTRIBUTOR TO CHRONIC  
DISEASES IN B.C.



# Facts about smoking



Brain disease



Heart disease



Lung disease

Did you know?

Every year  
smoking kills  
over 6,000  
people in BC

Did you know?

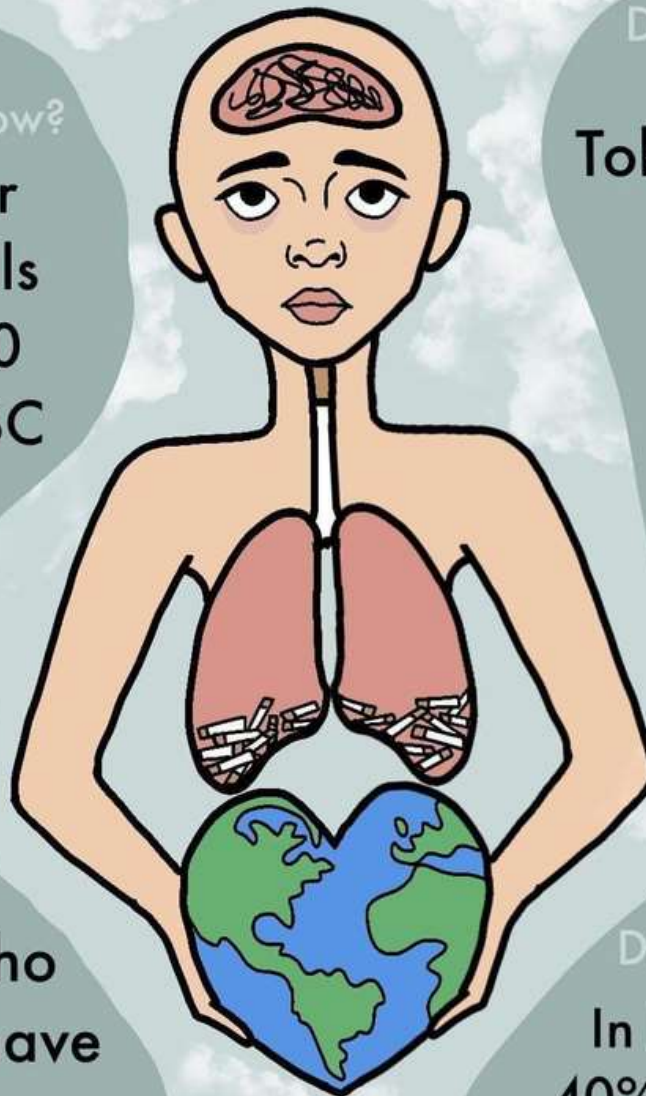
Tobacco is one  
of the #1  
causes of  
chronic  
diseases

Did you know?

People who  
seek help have  
a higher  
chance of  
quitting

Did you know?

In BC almost  
40% of nicotine  
users made an  
attempt to quit  
this year





# Make the right decision.



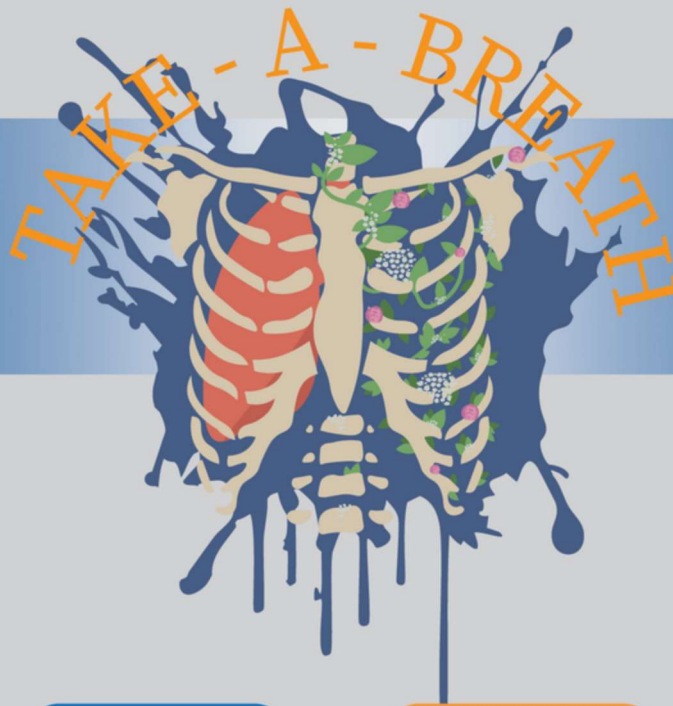
- Is Cotton Candy
- Tasty treat
- No nicotine
- No Hazardous Chemicals
- You know what you're eating
- F.D.A approved



- Fake cotton candy
- 30x more nicotine than cigarettes
- 2000 hazardous chemicals
- Unknown ingredients
- Not F.D.A approved

Work towards being  
nicotine free.





## Health Impacts

Respiratory issues (problems with your breathing\lungs) follow with smoking and vaping such as Bronchitis and COPD (Chronic Obstructive Pulmonary Disease), both of which are characterized by persistent coughing, shortness of breath, and reduced lung function. It also weakens the immune system in the respiratory tract, making you more susceptible to respiratory infections.

Cardiovascular issues (problems with the heart and blood vessels) can include elevated blood pressure and heart rate. Smoking and vaping is known to lead to Atherosclerosis, a condition where the arteries become narrowed and harden, leading to more heart attacks and strokes.

## Legal Consequences

You can face legal consequences for the possession of tobacco, cannabis, and vapes for being underage. Using and owning these items is illegal and not something to pick up or show off to be cool.

Vaping and smoking is against school policies, if caught, there are disciplinary actions, affecting your school record. This can affect your future by making it difficult to get in college or university.

## Academic & Social Impact

Smoking and vaping has an impact on your concentration and focus, making it difficult to stay on task and make your performance go down. Withdrawal from vaping can make it hard to concentrate and do your work.

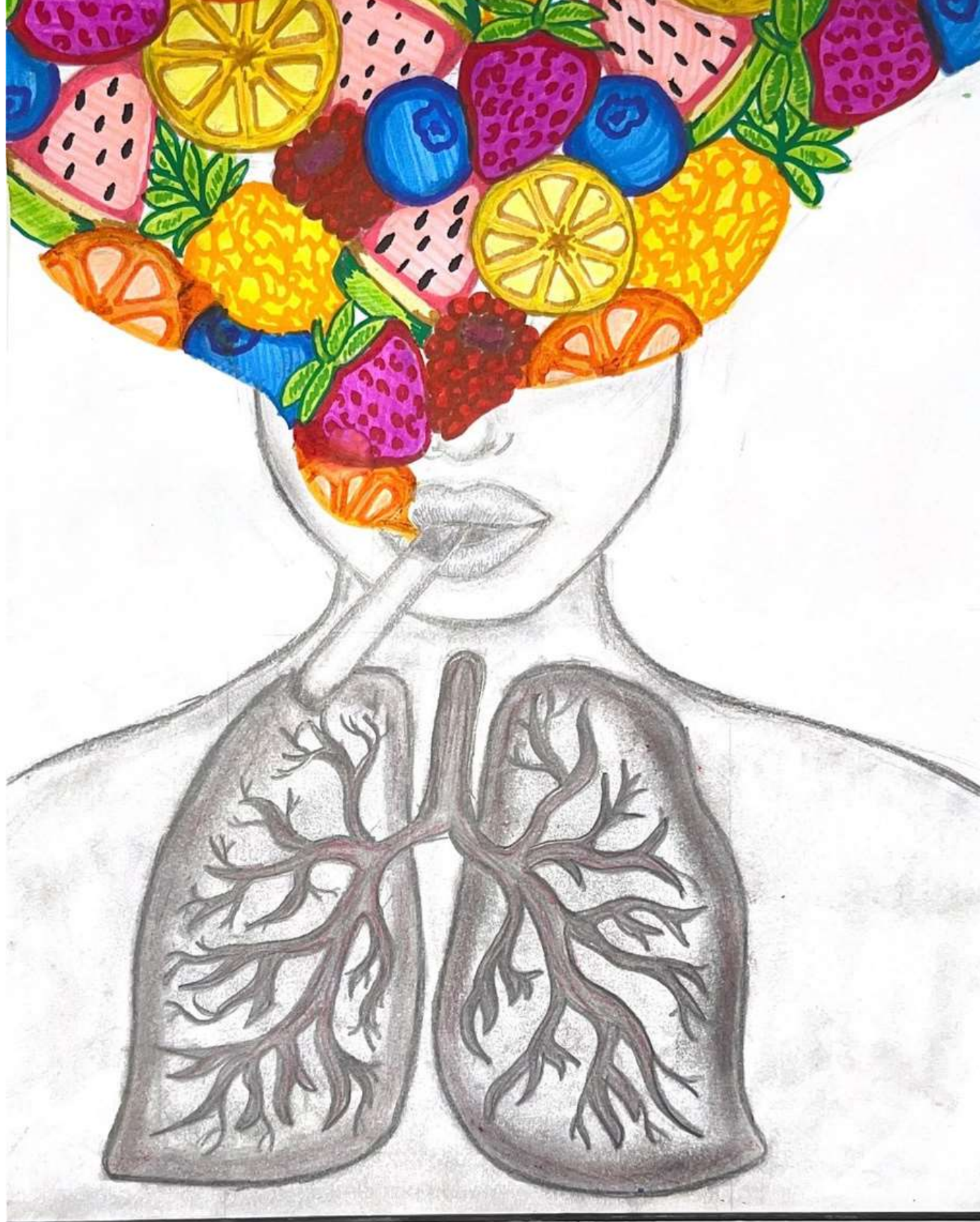
Peer pressure is a big starter to teen vaping and smoking. Hanging out with people who vape\smoke influences it on others to adopt these habits. Making new friends and having social connections with people who vape and smoke can influence it on others too. Sometimes getting excluded from groups because you don't smoke or vape can make you pick up habits but it's better to be uncool than pick up vaping or smoking.

## Indigenous Uses of Tobacco

Although vaping and smoking tobacco and nicotine is bad, there are some indigenous groups that use tobacco for cultural and medicinal purposes. It's believed to have healing properties when used in specific ways, such as poultices or teas for treating ailments.

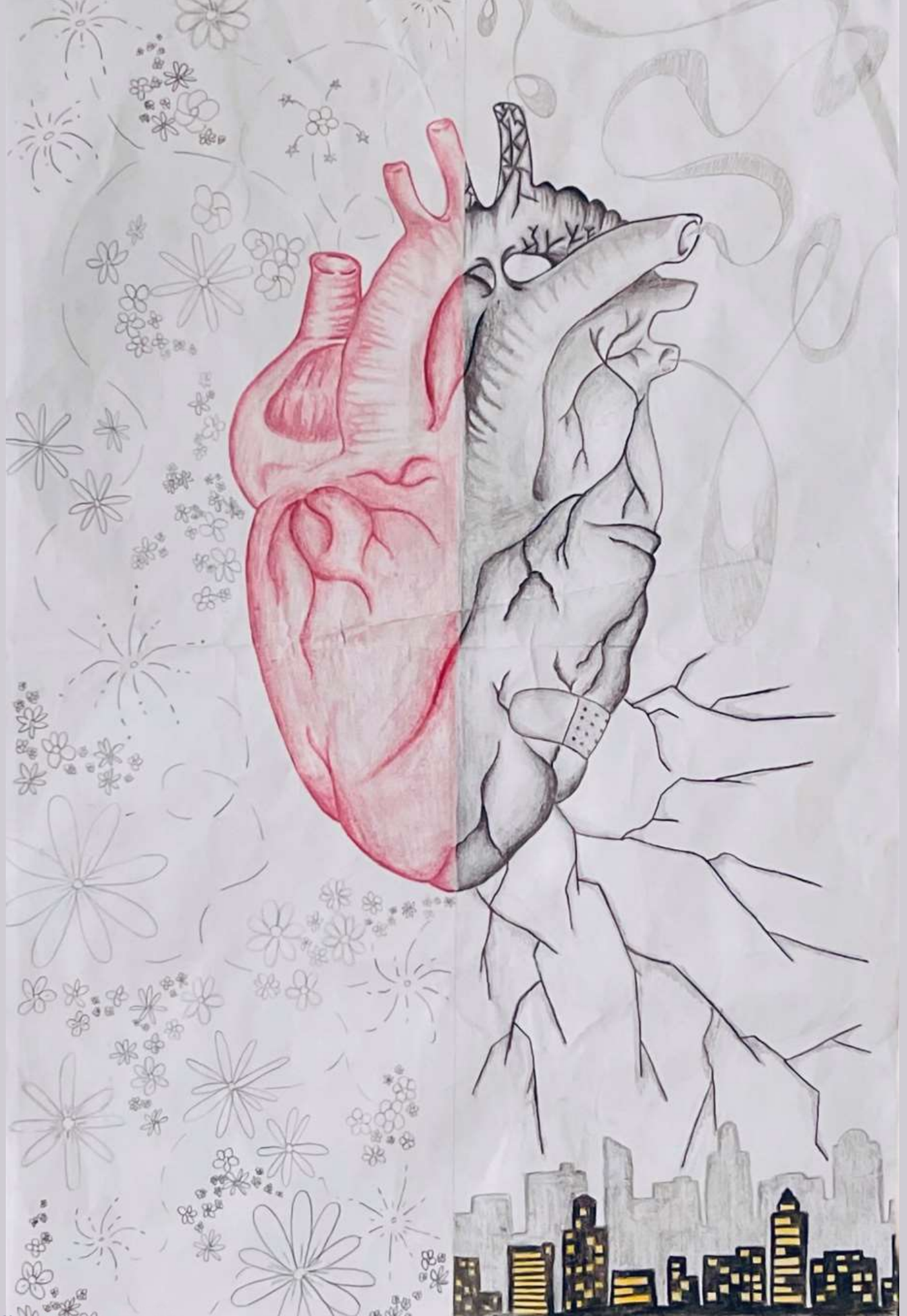
Tobacco has had sacred ceremonies and rituals it's used in. The smoke is believed to carry prayers or messages to the spiritual realm, connecting with ancestors or deities. In certain traditions, tobacco is used as a way to connect with the natural world. It's used as a connection to the land and shows the respect for the environment.





Just because it's  
Bright and Flavourful  
doesn't mean it can't be  
Dark and Deadly



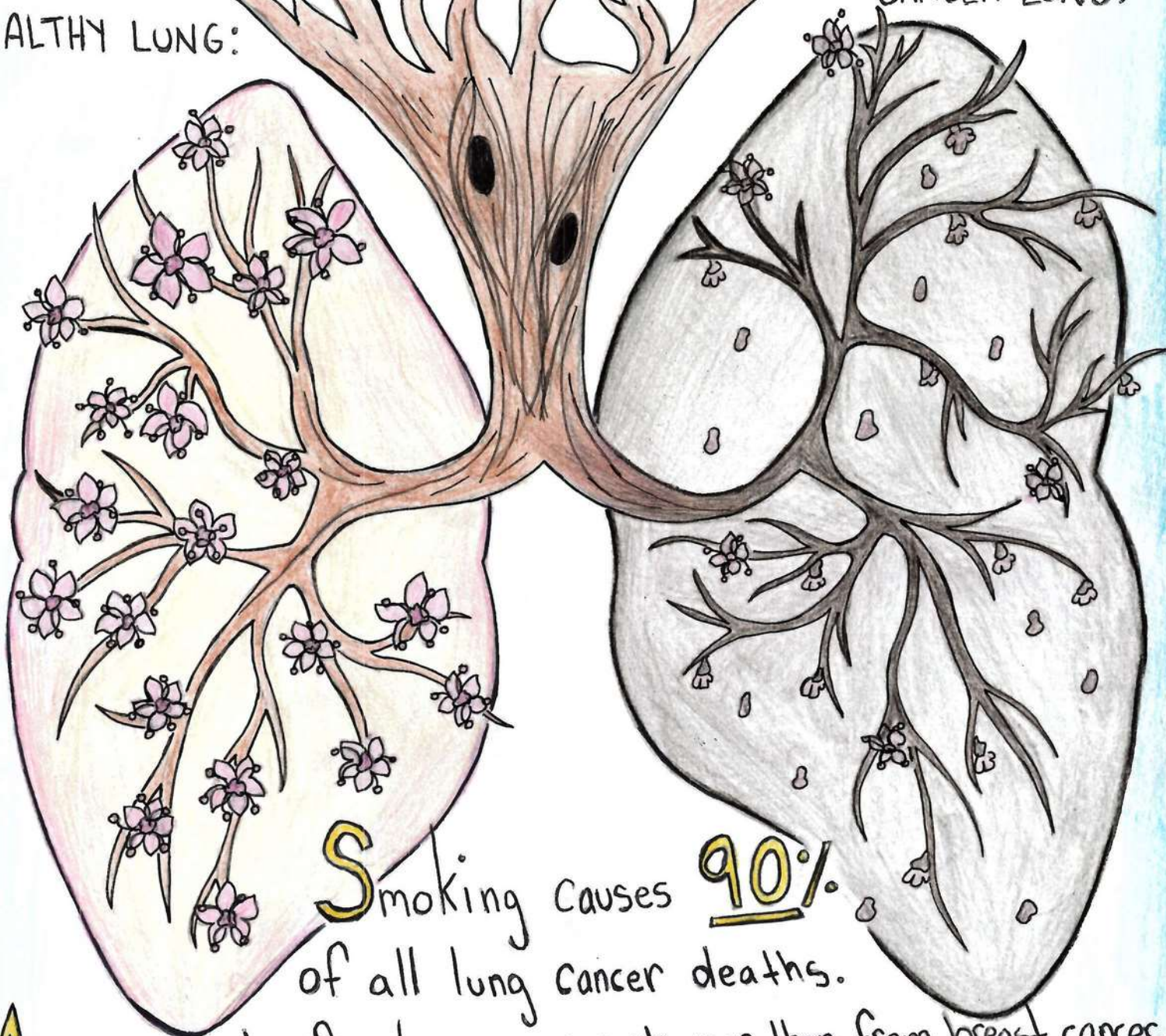




Why let what's beautiful just  
wilt away?...

HEALTHY LUNG:

CANCER LUNG:



Smoking causes 90%  
of all lung cancer deaths.

More people die from lung cancer each year than from breast cancer.

DON'T BECOME PART OF THIS 90%.

**DON'T SMOKE.**



# Cannabis

## the facts

### Side Effects

Cannabis can relieve anxiety, but some people experience

- panic,
- hallucinations,
- an altered perception of time, and more.



Your brain doesn't stop developing until 25, and using cannabis before then can cause permanent learning issues.

A common side effect of smoking marijuana is feeling a loss of personal identity.



### Medications

THC is used in many kinds of medicines, like to fight off nausea in cancer patients, and to increase a much needed appetite in patients with wasting syndrome.

30% of users develop a marijuana use disorder, and minors are 7x more likely to develop one.

**30%**

**5.8%**

5.8% of people 12 or younger struggled with a marijuana use disorder in 2021.







PACKEDONE



Interior Health

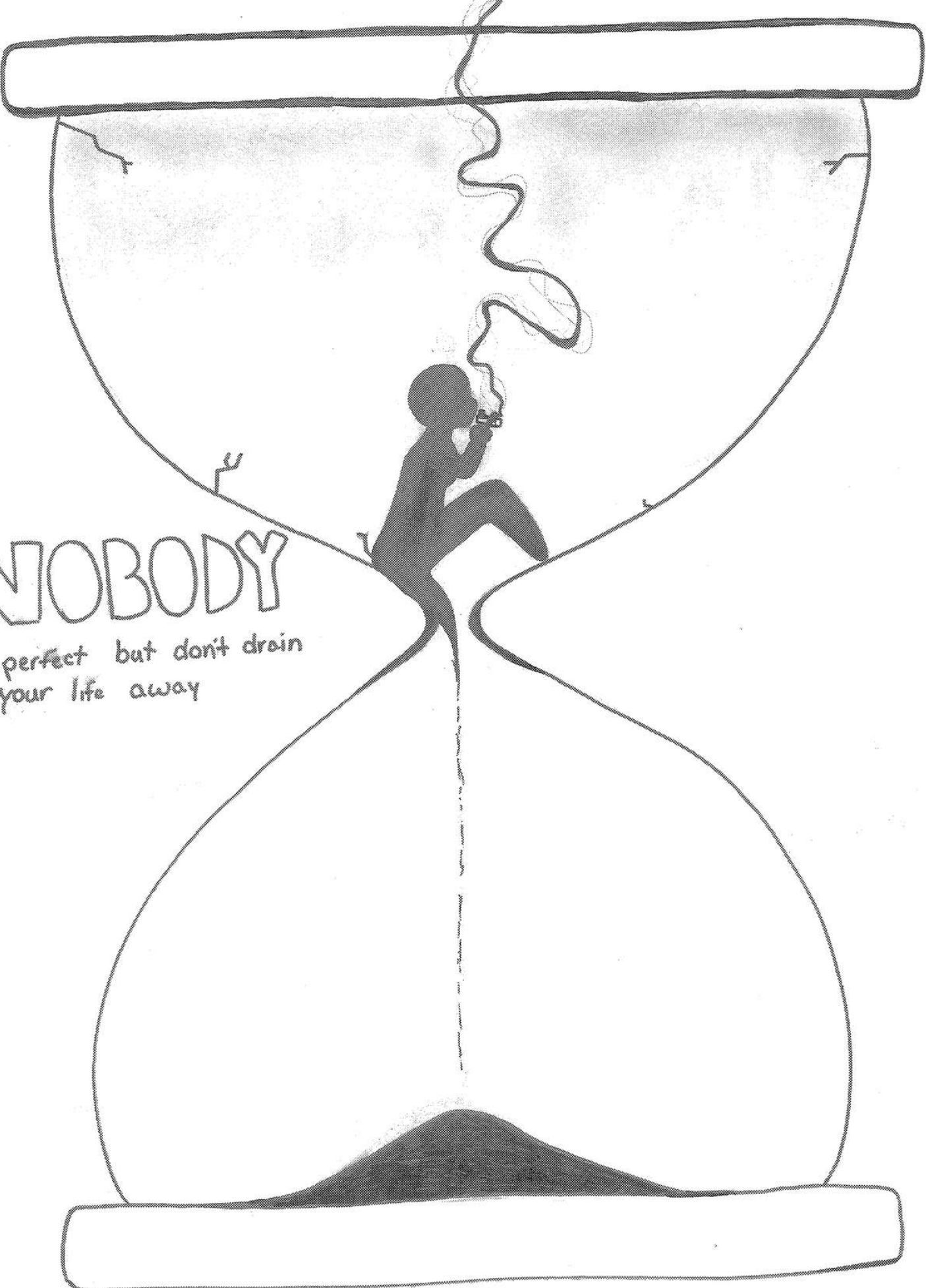


**DON'T VAPET'S  
BAD FOR YOUR  
LUNGS**



Interior Health





NOBODY

is perfect but don't drain  
your life away





# It's A

# GAmmble



# the

# Affects of Vaping

are Unknown



# FARM FRESH VAPES JUICY FRUIT IN A POD STRESS FREE

ALOE MANGO  
ALOHA STRAWBERRY  
BERRY MYSTIQUE  
BLUE PUNCH BERRY  
MAUI MANGO  
ORANGE CRUSH  
PINEAPPLE MANGO  
PURE MELON  
RAINBOW BERRY  
STRAWBERRY

MISLEADING ADVERTISEMENT

## HEALTH RISKS:

- ↑ ADDICTION
- ↑ BRAIN DAMAGE
- ↑ EVALUATING LUNG INJURY
- ↑ LUNG SCARRING
- ↑ MENTAL HEALTH PROBLEMS

## FRESH FRUITS DON'T HARM

# VAPES ≠ SAFE



# VAPING POLLUTES



# YOU.



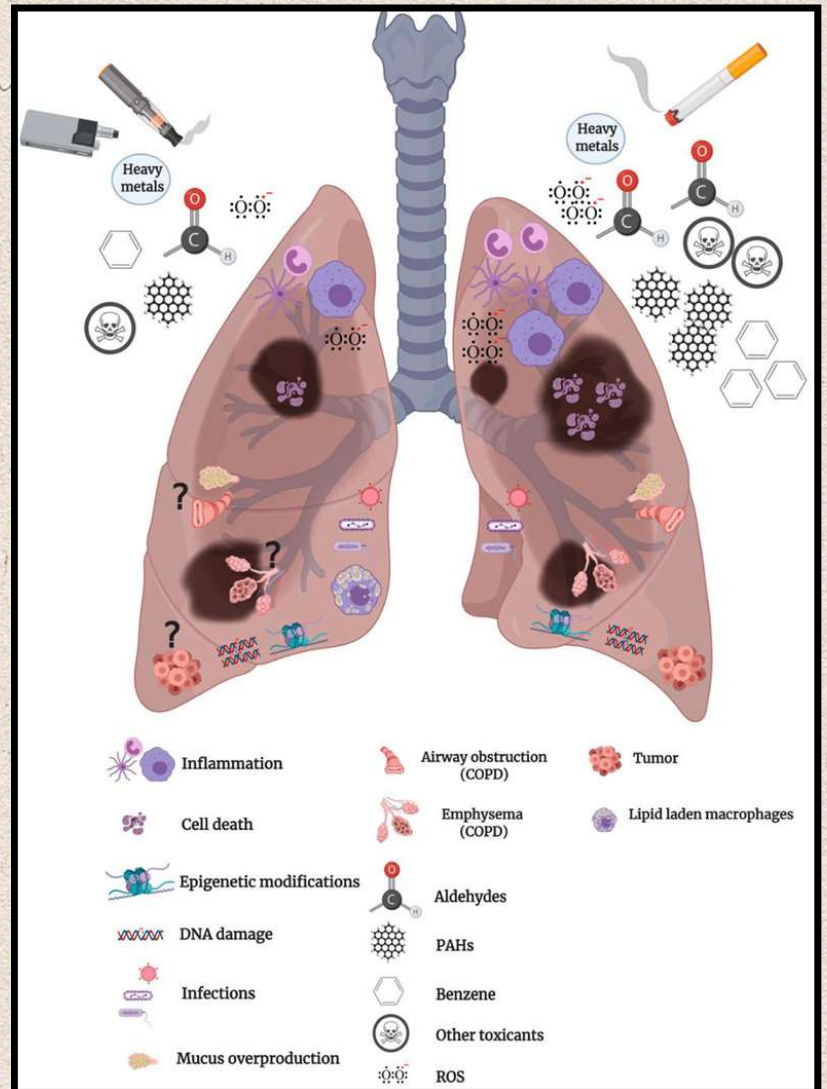
# INHALE CLEAN AIR



## VAPE KILLS



WHY CHOOSE DEATH?  
EXPERTS THINK TEENS  
CHOOSE TO VAPE  
BECAUSE THEY THINK  
VAPING IS LESS  
HARMFUL THEN  
SMOKING. WELL THEY  
ARE WRONG! THEY BOTH  
CAN CREATE AN EQUAL  
AMOUNT OF DAMAGE TO  
YOUR LUNGS AND YOUR  
BODY. SO ASK YOURSELF  
WHY CHOOSE DEATH?



## QUIT TODAY BEFORE YOU

## CANT!