

COMMERCIAL TOBACCO AND YOUTH



22% of Saskatchewan youth between 15 and 19 years old are smokers

14



Average age at which young daily smokers in northern Saskatchewan started smoking, with some starting at 9 or even younger

Non-smokers in northern Saskatchewan are 3.5 times more likely to be exposed to second-hand smoke in the home

LEARNING ABOUT TOBACCO IN SCHOOL



Schools can be a great setting for teaching and learning about tobacco and trying to reduce the number of young people who start using commercial tobacco

LESSONS

Classroom lessons on traditional and commercial tobacco, peer pressure, refusal skills and critical thinking

ACTION PLANS

Student-led projects to strengthen personal and community resistance to commercial tobacco

INTERVIEW

A homework assignment for students interview a trusted elder or adult about their experience with tobacco

THINGS YOU CAN DO AT HOME



Talk about tobacco with the young people in your home



Maintain a smoke-free home



Learn more at www.nhcp.ca/northern-tobacco-strategy



Download the Breathe Easy cessation app <http://bit.ly/BreatheEasyApp>

