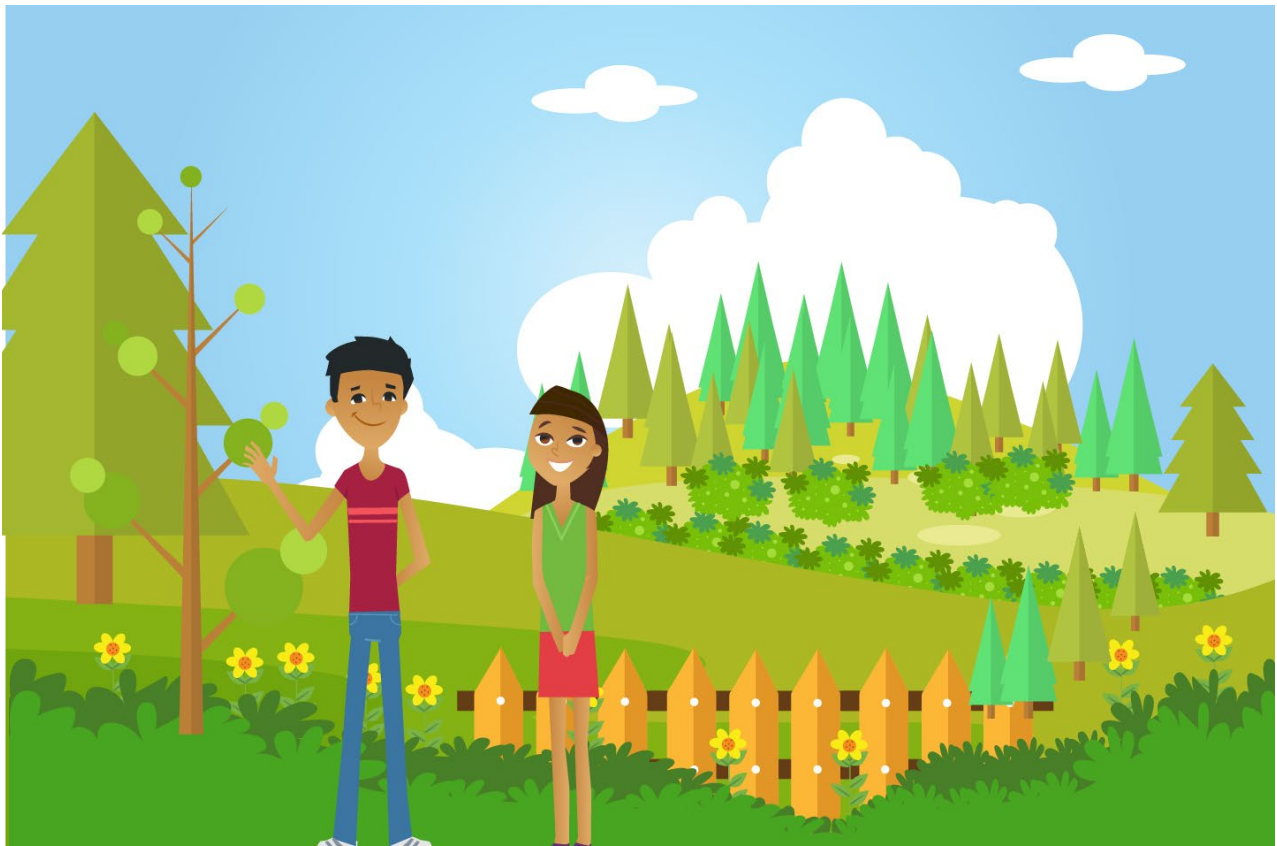




Jaycee and Justin learn about Cigarettes

This is Jaycee and Justin! They live in a community in Northern Saskatchewan, and lately, they've noticed an awful lot of cigarettes in their community!



They have seen cigarette butts on the ground, smelled cigarette smoke in the air, and have seen new different sorts of cigarette-like products around, too!

They have some questions to ask about it, so when they are visiting with Kokum, they decide to ask her some of their questions.

Kokum was baking something when Jaycee and Justin came to join her at the table.



“Hey Kokum,” Jaycee asked, “Can we ask you some questions about Cigarettes?”

“Sure,” said Kokum, “What are you wondering?”

Justin asked Kokum, “Why are Cigarettes bad for you?”

Kokum answered, “Cigarettes and other tobacco products have lots of chemicals and things inside of them that make our bodies unhealthy or sick.”

Then, kokum smiled, “Do you remember blowing out the candles on the Birthday Cake I made for you? Our lungs are really important for lots of things, like helping us to breathe, ride a bike, laugh at funny jokes, or blow out our birthday candles! Cigarettes and cigarette-like products really hurt our lungs and can make these things very hard!



Jaycee asked, “Kokum, do all cigarettes look the same?”

Kokum smiled and said, “Not exactly. And there are some things that work like cigarettes that are not exactly cigarettes. All of them are unhealthy the same way that cigarettes are, though!”



Justin asked, “What should I do if I see a cigarette or a cigarette-like product?”

“If an adult is around, you should let them know and they can choose what to do with it.” Said Kokum, “But if there isn’t an adult around, the best thing you can do is not pick it up! Just leave it alone and you can tell an adult later. You could get in trouble if you have cigarettes or cigarette-like products with you or in your pockets, so just don’t pick them up, and you’ll be okay.” Kokum said.

“I know,” Kokum said, “Would you like to learn a song to help you remember?”

“Yeah!” Said Jaycee and Justin.



Jaycee and Justin Learn about Cigarettes, Part 2

Jaycee and Justin enjoyed eating supper with Kokum, and then they went for a walk. When they were outside, they smelled cigarette smoke. And they saw an adult smoking one.

They had a lot more questions about cigarettes for Kokum.



“Is Cigarette smoke unhealthy for us like cigarettes are?” Justin asked Kokum when they got home.

“Smoke from cigarettes or from cigarette-like products are also bad for our health, and people who don’t smoke can get sick due to this smoke. Doctors everywhere know that breathing smoke is especially bad for children, and there are laws in Saskatchewan to help protect children from breathing in too much smoke, such

as adults not being allowed to smoke inside a car with a young child.” She answered.

“Kokum” Jaycee asked, “if we all know that cigarettes are bad for our health. Then why are adults allowed to smoke cigarettes?” Jaycee asked.

Kokum thought about that for a few minutes, and then she answered, “Cigarettes are bad for people, but adults are old enough to choose what they think should and should not go into their bodies.”



“Adults are old enough to make that choice, but children are not. Smoking in children can cause some very serious health problems that may never go away!” Kokum said with a very serious face. “That’s why it’s the law that only adults can smoke.”

“Kokum,” Justin asked, “Why would adults like Cigarettes anyway?”



“Adults are old enough to make choices about their bodies, but one thing that cigarettes do is cause our bodies to depend on having cigarettes.” Kokum explained.

“Once a person tries smoking cigarettes, soon their body gets really hungry for them all the time. When the body has learned to **NEED** something, we call that **addiction**. Cigarettes have a chemical inside them called Nicotine that causes very strong addiction. So once a person starts smoking, their body never wants to stop, even though the person might know it’s bad for them. That’s why it’s so hard for people to stop smoking.”

“What can a person do, Kokum?” Jaycee asked.

The best thing to do is never start smoking.” Said Kokum. “And if you see a cigarette or cigarette-like product, you children need to remember not to pick it up.”

Jaycee and Justin remembered the song that Kokum taught them yesterday.

“Can we sing you the song to help us remember?” Jaycee asked.

Kokum smiled and told them to sing it for her! She was always happy to hear the children sing!

