



# *Sacred Use, Not Abuse*

A Traditional Tobacco Booklet written for and by Native American Youth  
Funded by the Northern California Indian Development Council, Inc.  
Tobacco Use Prevention Education Grant from the CA Department of Education





# Contents

Definition of Sacred	1
TUPE Pre-test	2
Traditional Use of Tobacco	3
Word Scramble	4
Secondhand smoke	5
Non Traditional Use	6
Elder Stories	7
Elder/Youth Photo	8
Recipe	9
More Secondhand smoke	10
Easy Maze (Non-smoker)	11
Hard Maze (Smoker)	12
Youth Artwork	13-14
Native Words for Tobacco	15
Money to Burn	16
Coyote the Trickster	17
Draw Own Anti-tobacco Ad	18
Youth Artwork	19-20
Health Benefits	21
Stressed	22
Things You Can Do	23
Invest Your Time	24
Before you Quit	25
The Four D's	26
TUPE Post-test	27
TUPE Pledge	28

# The Use Of Sacred Tobacco Is Our Tradition

**SACRED** sa•cred (say-Kred) adj. 1. Dedicated to or set apart for worship. 2. Worthy of religious veneration. 3. Made or declared holy. 4. Dedicated or devoted exclusively to a single use, purpose, or person. 5. Worthy of respect; venerable. 6. Of or relating to religious objects, rites, or practices.

Tribal Elders are dedicated to keeping tobacco sacred. Tobacco is offered to the creator of the earth, for our land, our fish, our acorns, our life.

The creator gives us many gifts. These gifts must be respected and used in their proper way. Tobacco is a gift to be used in a sacred way with respect.



*Woven bag in which tobacco is carried home.*

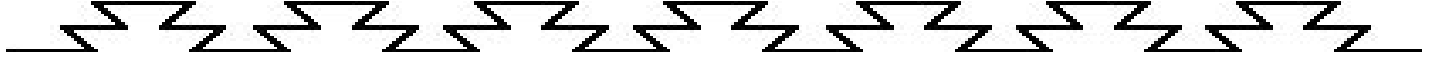
# Tobacco Knowledge

(Pre-Test)



1. About how many chemicals are there in commercial tobacco?  
A. About 100  
B. About 2,000  
C. About 4,000  
D. About 10,000
  
2. Which of the following is found in commercial tobacco?  
A. Vinegar  
B. Rat poison  
C. Moth balls  
D. Window cleaner  
E. Nail polish remover  
F. All of the Above
  
3. Name the three most abused forms of commercial tobacco products?
  
4. What is second hand smoke?
  
5. What are some bad things that happen when you smoke or chew tobacco?
  
6. Why are big tobacco companies like Coyote?
  
7. Write what you know about traditional Native American tobacco.
  
8. Do you smoke?  
A. Yes  
B. No
  
9. Have you ever tried commercial tobacco (smoking or chewing)?  
A. Yes  
B. No
  
10. Does anyone in your family smoke or chew commercial tobacco?  
A. Yes  
B. No

# Traditional Use of Tobacco



***Risk of Cancer:*** \* Very low, none if not inhaled.

***Type of Use:***

- \* Tobacco offerings to the earth, the drum, a river or a fire. Offerings are often placed/scattered by hand and are not often smoked.
- \* Smoking a Sacred Pipe (not all pipes contain tobacco when smoked. In fact some tribes do not use tobacco at all. Some tribal people will use a blend of tobacco with other herbs in their pipe).
- \* Offered to a Healer, Elder, or other person as a sign of respect

***Benefits:***

- \* Discipline.
- \* Respect for the Creator and all creation.
- \* Understanding of one's culture.
- \* Spiritual development.

***Special Notes:*** \* There are many traditional ways to use tobacco. It is smoked in some traditional ceremonies. However, it is generally used less than once a month. There is very little risk of cancer when used this way.



Traditional Pipe of Native Peoples of N.W. California

# Keep It Traditional

Unscramble the following traditional words, then match the numbered letters to spell out the secret message.

CYRMONENE

— — — — —  
4

GFTI

— — — — —  
12

HYELAHT

— — — — —  
13

MUDR

— — — — —  
15

TUIVELATC

— — — — —  
7

PAUH

— — — — —

CIMDIENE

— — — — —  
3

FILE

— — — — —

TEESRP

— — — — —  
1

AGLO

— — — — —  
11

RARTOEC

— — — — —  
2

RANCO

— — — — —  
10

LOTAOW

— — — — —

TOYWI

— — — — —

AMSONL

— — — — —  
8

RETBI

— — — — —  
14

SINFIGH

— — — — —  
16

EELDR

— — — — —  
9

REPYRA

— — — — —  
5

KORUY

— — — — —

ESRADC

— — — — —  
6

RAKKU

— — — — —

CETAIV

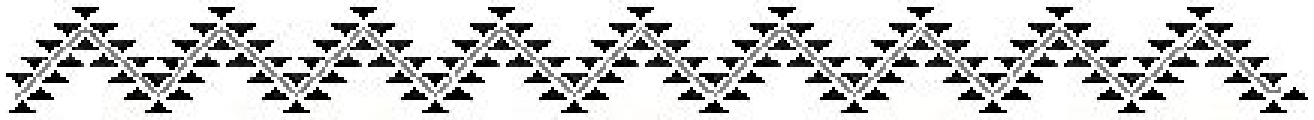
— — — — —  
17

DECNA

— — — — —

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

# Secondhand Smoke: What We Know



Passive, sidestream, or secondhand smoke comes from the lit end of a cigarette, cigar, or pipe, as well as exhaled smoke that pollutes the air surrounding the smoker. Non-smokers who breathe secondhand smoke are called passive or involuntary smokers. When the cigarette is not being smoked, it is burning at a lower temperature. This leads to less complete, and therefore dirtier, combustion than when a smoker is inhaling on the cigarette. Because this secondhand smoke is produced by incomplete combustion and is not filtered by the cigarette itself, it is more toxic than the mainstream smoke the smoker inhales. The noxious chemicals in the secondhand smoke produce effects in nonsmokers similar to those smokers experience. So the bottom line is, there are over 4000 chemicals in tobacco smoke, over 50 of them are known to cause cancer.



# Non-Traditional Use of Tobacco

***Risk of Cancer:*** \* Very high if you use chew, snuff, or smoke cigarettes.

***Type of Use:***

- \* Chewing tobacco in any form.
- \* Using snuff in any form.
- \* Smoking cigarettes, pipes or cigars.
- \* Smoking bidis.

***Benefits:***

- \* No benefits to the user, but the big tobacco companies make billions a year off other people's addictions.

***Special Notes:***

- \* Some people chew or smoke because they believe that it helps them relax, control their weight, and concentrate better. Other people do it to be cool, for an image, or to keep from being bored. Peer pressure results in many new smokers.
- \* Chewing tobacco gives your mouth an unpleasant odor and bad breath. Chewing leads to gum disease, tooth decay, addiction to tobacco, and cancers of the mouth and throat.







# Can You Guess What This Recipe Is For?



- 3 grams nail polish remover
- 4 grams of vinegar
- 3 grams ammonia
- 4 grams of arsenic
- 4 grams butane
- 1/2 of a re-chargeable battery
- an hours worth of exhaust fumes from your car
- 2 grams wood alcohol
- 4 grams formaldehyde
- 4 grams barbecue lighter fluid
- 4 grams hydrogen cyanide {poison used for the gas chamber}
- 2 grams swamp gas
- 4 grams rocket fluid
- 4 crushed mothballs
- 3.4 grams of nicotine {a pesticide}
- a dash of gasoline additive
- 1/2 gram candle wax
- 1/2 gram of industrial solvent
- 4 chips of sewage pipe
- finely ground black top {tar} to taste
- add a dash of the following metals:
- aluminum, zinc, magnesium, mercury, gold, silver,
- titanium, lead, copper

\*Add all the above ingredients and 4 lbs of dried tobacco and you have 1 pack of commercial tobacco

# More on Second Hand Smoke



Did you know that secondhand smoke causes:

Developmental Effects:

- Lower birth weight.
- Sudden infant death syndrome

Respiratory Effects:

- Lower respiratory tract infections.
- Bronchitis and pneumonia.
- Asthma induction.

Cancer:

- Lung cancer.
- Nasal sinus cancer.
- Cervical cancer.
- Colon Cancer

Heart Disease:

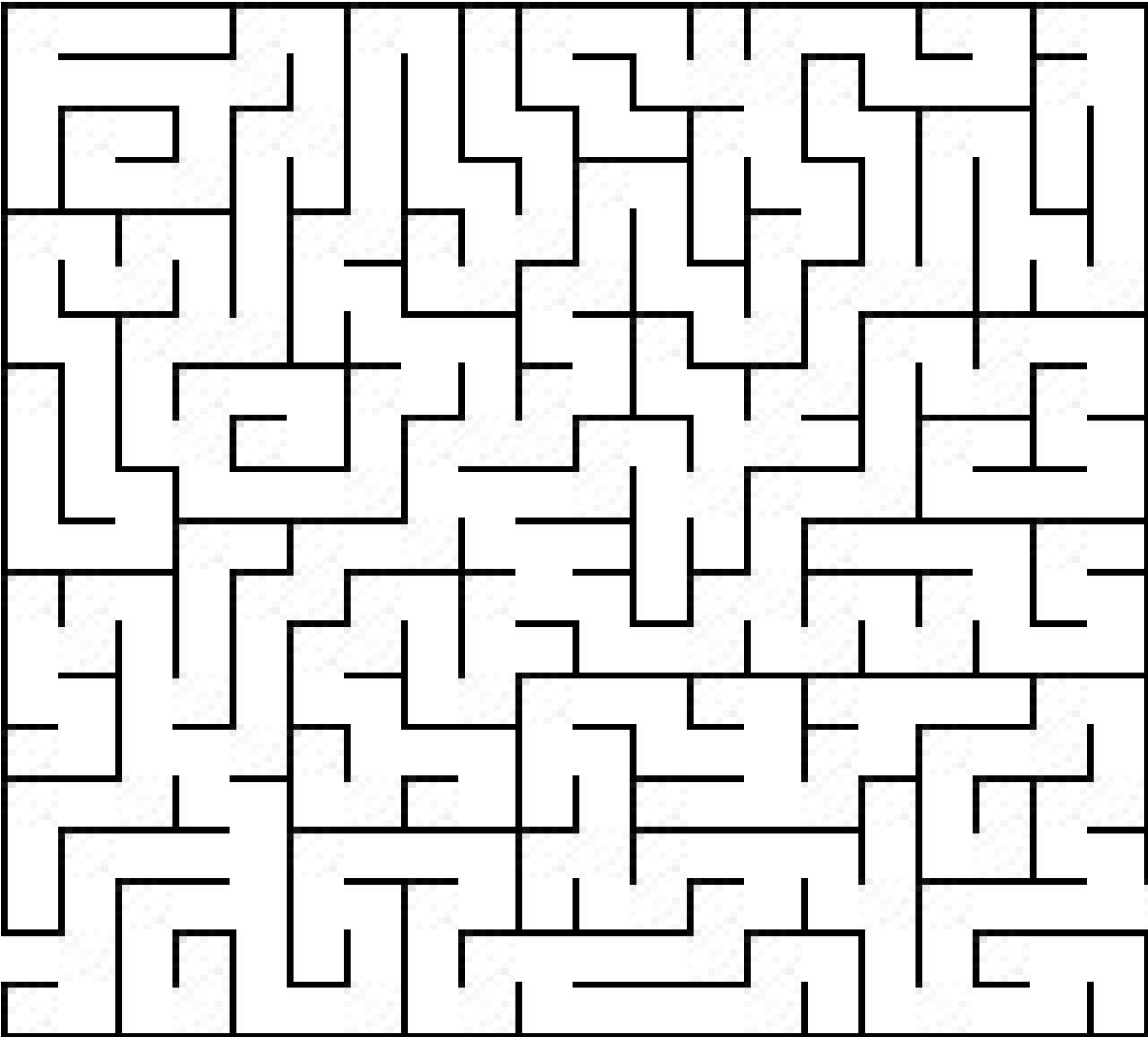
- Heart disease mortality.
- Blocked Arteries



Ever wondered what it feels like to suffer from a tobacco related disease?



Completing this maze will be as easy as climbing a flight of stairs for a non-smoker.











Tobacco is abusive, well, not for some people.

gabby  
12 7th grade



Current commercial uses of tobacco are not only a great health risk to our society, but also pose a threat to our traditional uses of tobacco. We strongly believe that Native youth's cultural knowledge of the traditional uses of tobacco will help to curb the commercial abuse of tobacco by our youth.

## American Indian Tobacco

Karuk

Araheeraha

Yurok

O:Lhohkum

Hupa

Xojim

Wiyot

Kuwil Kwoswak

Tolowa

Seetyu'



# MONEY TO BURN



Average cost of one pack of cigarettes = \$4.00

What if you smoke *one pack a day* for one week?

$$\$4.00 \times 7 = \underline{\hspace{2cm}}$$

What if you smoke *two packs a day* for one week?

$$\$4.00 \times 2 \times 7 = \underline{\hspace{2cm}}$$

Now multiply that times *four weeks* in one month.

One pack  $\underline{\hspace{2cm}}$  x 4 =  $\underline{\hspace{2cm}}$

Two packs  $\underline{\hspace{2cm}}$  x 4 =  $\underline{\hspace{2cm}}$

Now take those amounts times *12 months* in one year.

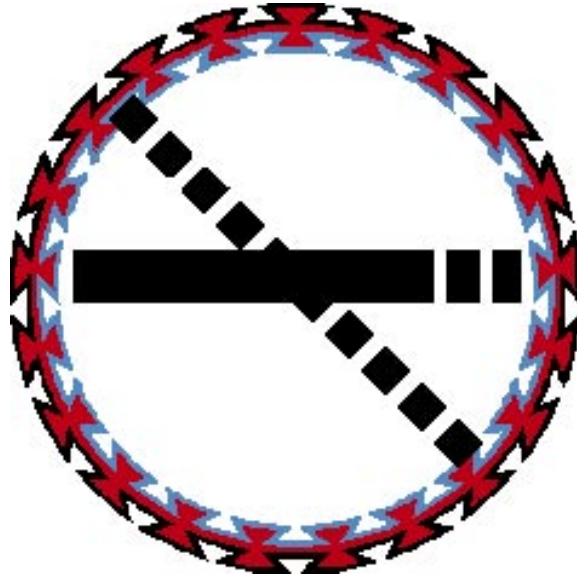
One pack  $\underline{\hspace{2cm}}$  x 12 =  $\underline{\hspace{2cm}}$

Two packs  $\underline{\hspace{2cm}}$  x 12 =  $\underline{\hspace{2cm}}$



The tobacco industry spends over \$11 billion per year trying to lure you in with their advertisements. Much of this marketing is targeted for youth.

This means YOU are their next target!



The tobacco industry lures you in by producing ads that show happy, thin, healthy people. What they should be showing you is very sick people with numerous medical problems. We have all seen that ad “Bob, I miss my lung”, but most people think it will never happen to them. And when they are the one with the sick lung,,dragging around a oxygen tank, they always say,

“I WISH I HAD NEVER STARTED SMOKING!”

The tobacco industry is like Coyote, *the Trickster*.



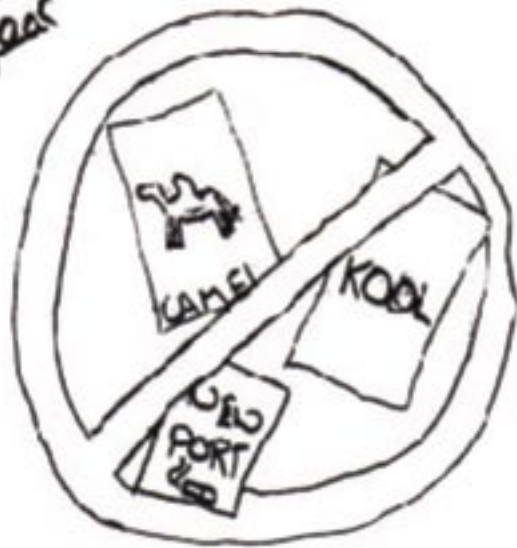
Draw your own anti-tobacco abuse ad

# DON'T

# SMOKE

Second-hand smoke  
kills over 40,000  
people a year

Smokers run  
slower and  
can't run as  
long as non-  
smokers



Smoking is  
advertised to  
make you look  
glamorous. The  
results of smoking  
are the opposite

# IT

# HARMS

# YOU

AND

# OTHERS

Lounel, Age 12

Why Buy Your Own Death

Quit



Smoking



by Sonny  
R

# Health Benefits

## ***20 minutes after a smoker quits:***

- Blood pressure returns to a level close to that before the last cigarette
- Pulse rate drops to normal rate
- Body temperature of hands and feet increase to normal

## ***8 Hours:***

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

<<Change this picture>>

## ***24 Hours:***

- Chance of heart attack decreases

## ***48 Hours:***

- Nerve endings start re-growing
- Ability to smell and to taste things enhances

## ***72 Hours:***

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

## ***2 weeks to 3 months after a smoker quits:***

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

## ***1 to 9 months:***

- Coughing, sinus congestion, fatigue, shortness of breath decreases
- Cilia reactivate in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases

## ***1 year after a smoker quits:***

- Excess risk of coronary heart disease is half that of a smoker

## ***5 years after a smoker quits:***

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting

## ***10 years after a smoker quits:***

- Lung cancer death rate becomes similar to that of nonsmokers





# Stressed?

## Try One of These Stress-Busters

**1.** The next time you feel like your getting upset over something small and unimportant. Figure out, and know that you are over reacting, and let it go. Make the choice to not get angry. There's no need to waste your time on nothing and make matters worse for your self and others.

**2.** Breathing is very important to re-leave stress. So when something is over wheling, take a couple of deep, slow breaths. If you have the time, take a minute to fully relaxe. Breath deep and think positive.

**3.** Once you've become stressed, try slowing down. Speak slowly, this will allow you to think and react clearly in a stressful situation. When people get stressed out, they tend to talk fast and not think. Slow down, you will feel more in control of the situation.

**4.** Getting things done. Is there something you've been putting off? Choose one thing that needs to get done, and do it. Less worries.

**5.** Take time for fresh air, go outside. Our elders were right about the healing powers of fresh air. No matter how bussy you are, there is always time to get out and breath. Fresh air can clear your mind and renew you.

**6.** Alway drink plenty of water. Eat good nutritious foods. If your dehydrated and /or hungry, you can become angry or stressed. Even if you dont know you are.

**7.** Check your bodies posture. Hold your body up straight, shoulders back, no slouch-ing. If you have bad posture, the muscles tighen and become painful. Being in pain causes stress. If you are stuck sitting all day, make time to get up and stretch as often as needed to avoid sore muscles and repetitive injuries.

**8.** After a stressful day. Make time for yourself. Rewared yourself, by having this time in your day to relaxe. Putting all the rest of the world a side and enjoy, you. Es-pecially before you go to bed, relaxe. Your body and mind needs a break to renew itself. You will feel much better and adle to start a brand new day. Your the only one thats going to take care of you, so spend the time.

# Things You Can Do



1. Read a book
2. Go for a walk
3. Walk some place new
4. Call up a friend
5. Play with your pets
6. Make you bathroom into a beauty spa
7. Try a new hair-do
8. Listen to you fravoite music
9. Watch a movie
10. Go see a movie in the theater
11. Go to the mall
12. Do a puzzle
13. Play cards
14. Drink some water
15. Go dancing
16. Learn how to dance
17. Go to the gym
18. Give some one a hug
19. Plant flowers or gardening
20. Learn a new language
21. Do some kind of exercise, swimming, basketball, yoga, martail arts, soccor, etc.
22. Take pictures (photography)
23. Take up something new you're interested in.
24. Suck on tasty candy you enjoy
25. Lotion you hands, keeping them healthy, and not smelling like smoke
26. Budget your money, your saving from not using tobacco
27. Floss and brush you tobacco free teeth
28. Be with that special someone
29. Chew gum
30. Chew on a tooth pick
31. Spnd time with a child
32. Spend time with your family
33. Start an art project
34. Write in a journal everyday
35. Write a letter to a friend
36. Clean you house
37. Sing with music
38. Take a day trip
39. Take a walk on the beach or river
40. Go running
41. Buy new cloths that dont smell like tobacco smoke
42. Call your elders
43. Wash and wax your car
44. Treat your self to a massage
45. Cook your family healthy foods
46. Learn how to cook
47. Watch the sunset
48. Write a list of things your a grateful for
49. Do something crafy (knitting, sewing, beading, jewelry making, etc.)
50. Learn your heritage
51. Go to a new place
52. Read to someone younger then you
53. Write a poem
54. Walk a doggie
55. Play and insturment
56. Learn to play an insturment
57. Take a nap
58. Write your own song
59. Draw a picture
60. Treat yourself to something special



# Invest your time and your talents in something other than the tobacco industry!

It takes approx. 10 minutes to smoke a cigarette. So if you smoke a pack a day that is 3.3 hours you spend just on smoking cigarettes. Each cigarette cost about 25 cents each. Each cigarette cost 15 minutes of your life. If you pay \$5.00 a pack for your cigarettes it will cost \$150 a month and \$1800 a year.

Just think of all the things you could do with your time and money.

Beading your own necklace.

Making your own drum.

Exercising so you can dance longer and well.

Catching and smoking your own fish.

Gathering acorns and fresh mushrooms.

Hike up that trail smell the fresh air.

Learn your own heritage.

Don't let commercial tobacco trick you into thinking it's something great. You aren't going to get slim, you won't win a marathon, you won't hike that trail with ease. With the help of Commercial Tobacco:

You will have less money.

You will become winded.

Your skin will wrinkle at an early age.

Your finger nails will be stained yellow.

Your clothes, hair and breathe will smell.

And last but not least the 4000 chemicals you put in your body will take it's toll. Over 40 of these chemicals cause cancer. Not to mention heart disease and ulcers.

Help you and our people keep the use of tobacco sacred. It's our medicine. It's what our ancestors believed and so should we. Say this to yourself; "Tobacco is a medicine it is a gift from the creator it is sacred, it should not be misused. It is a medicine for healing."

# *The Week Before You Quit*

## **Time to Clean House**



Begin by removing all smoking paraphernalia from the places where you most often smoke. This means take the ashtrays out of the house and car, . Keep only one ashtray in your home, and away from the phone, until the night before your quit date.

Turn one room in the house into a “No Smoking Zone” at least a week before you actually quit. This can be your bedroom, living room, kitchen, or whichever room you spend most of your smoking time. Begin by cleaning the curtains, pillows, fabric or any surfaces that have absorbed tobacco smoke over time.

Next, place a sign such as “Thank you for not smoking” in the room. This will help remind you that you have a safe place to go when triggers strike or urges get strong. Fill this room with items to help distract and relax you, such as puzzle books or puzzles, craft projects, books and magazines, or exercise equipment.

## **Buy Your NRTs Now**



If you are planning on using Nicotine Replacement Therapy, stock up now. Schedule a visit with your primary care physician to discuss which method is best for you. Have them ready for your quit date. This is also a good time to purchase sugar-free hard candies, mints, cinnamon candies and toothpicks, and a good water bottle.

## **Check Your Motivation**



Now is the time to remember your motivation behind quitting commercial tobacco. Spend a few moments each day this week reminding yourself what has motivated you to quit smoking. Be specific. Your success will depend on the strength of the reasons you have chosen to quit. Many former smokers were motivated by the following reasons. See if you share any:

- To gain a better family and social life
- To really taste foods again
- To have more money to spend on fun and leisure
- Having better health and a longer life
- To alleviate current health problems
- To be a better role model to youth
- FREEDOM, SWEET FREEDOM

## Time to Taper



If you smoke more than half a pack a day, you should begin tapering at this time. Begin by cutting the amount you smoke by one less cigarette on day one, two cigarettes on day two, and three cigarettes the remaining days until you reach your quit date.

Setting small, attainable goals will help you increase your confidence and lower your nicotine dependence. Regardless the amount you smoke each day, you are helping to mentally and physically prepare yourself for a tobacco-free life.

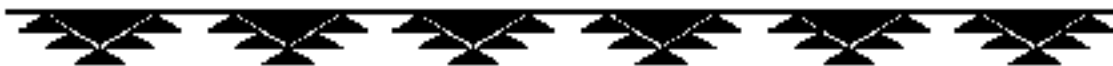
## A Look into the Future



Spend a few minutes each day this week visualizing your future as a non-smoker. Tell yourself “I am going to succeed. I can do this!” Imagine sitting through a long movie without needing a nicotine break. Smell the crisp, clean scent of your hair without smoke. See yourself playing with your children without needing to take a breather. Whatever the image, see yourself free from your dependence on commercial tobacco.

Do anything you can do to build and strengthen your confidence. Talk with some former smokers and ask how they succeeded. Ask how they dealt with difficult situations or triggers. How do they feel now that they are smoke-free? Remember that it took you some time to become addicted to nicotine, so it will take some time to become tobacco-free.

## Some Final Notes



Tell friends and family that you are going to be a non-smoker soon. Ask for their support, but be prepared for those who do not seem interested in helping you through this process. Ask those who support you to be extra understanding and considerate of your potential withdrawal symptoms. While some people never suffer from withdrawal, you may get cranky, have mood swings, be nervous or anxious, suffer bouts of depression, insomnia or headaches. These are only temporary symptoms caused by your body trying to rid itself of years of chemical build up. Nicotine is generally flushed from the body within three days of quitting.

## *The Four D's*

**Drink** water

**Distract** yourself with different activities

**Delay** the urge

**Deep** breath

# Tobacco Knowledge

## (Post-Test)

1. About how many chemicals are there in commercial tobacco?
  - A. About 100
  - B. About 2,000
  - C. About 4,000
  - D. About 10,000
2. Which of the following is found in commercial tobacco?
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8. Do you smoke?
  - A. Yes
  - B. No
9. Have you ever tried commercial tobacco (smoking or chewing)?
  - A. Yes
  - B. No
10. Does anyone in your family smoke or chew commercial tobacco?
  - A. Yes
  - B. No

# Tobacco Use Prevention Pledge



I \_\_\_\_\_ pledge to protect myself, my family, my friends and all living creatures from the dangerous effects of commercial tobacco use by promising to never use cigarettes, cigars, chew, and/or snuff.

I also pledge to respect tobacco as a medicine and will only use it in a sacred way.

Signature \_\_\_\_\_ Date \_\_\_\_\_



**Tobacco Use Prevention and Education Project**  
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[www.ncidc.org/tupe](http://www.ncidc.org/tupe)

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