



First Nations Health Authority
Health through wellness

Talking with Youth about Smoking or Vaping



Find the right moment

When spending time with youth, allow the conversation to happen naturally rather than stating "We need to talk".



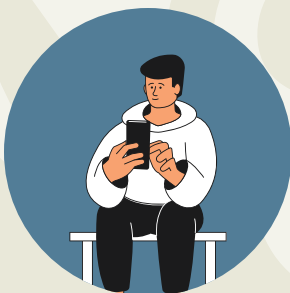
Answer their questions

Take time to answer their questions honestly and gently, especially if you or other adults in their life smoke or vape.



Connect them with culture

Connect youth with local cultural practices such as berry picking, gathering traditional medicines, fishing, hunting, beading, Pow Wow dancing or your community's land-based healing program.



Connect them with resources

There are a variety of resources to support your conversation available at fnha.ca/respectingtobacco.

SUPPORT & RESOURCES

If you or a loved one are trying to quit commercial tobacco, **Talk Tobacco** offers culturally appropriate support about quitting smoking or vaping to First Nations communities.

Other free resources include:

QuitNow



Quash



Learn more at

fnha.ca/respectingtobacco

