



Not Smoking means...

To Whom It May Concern:

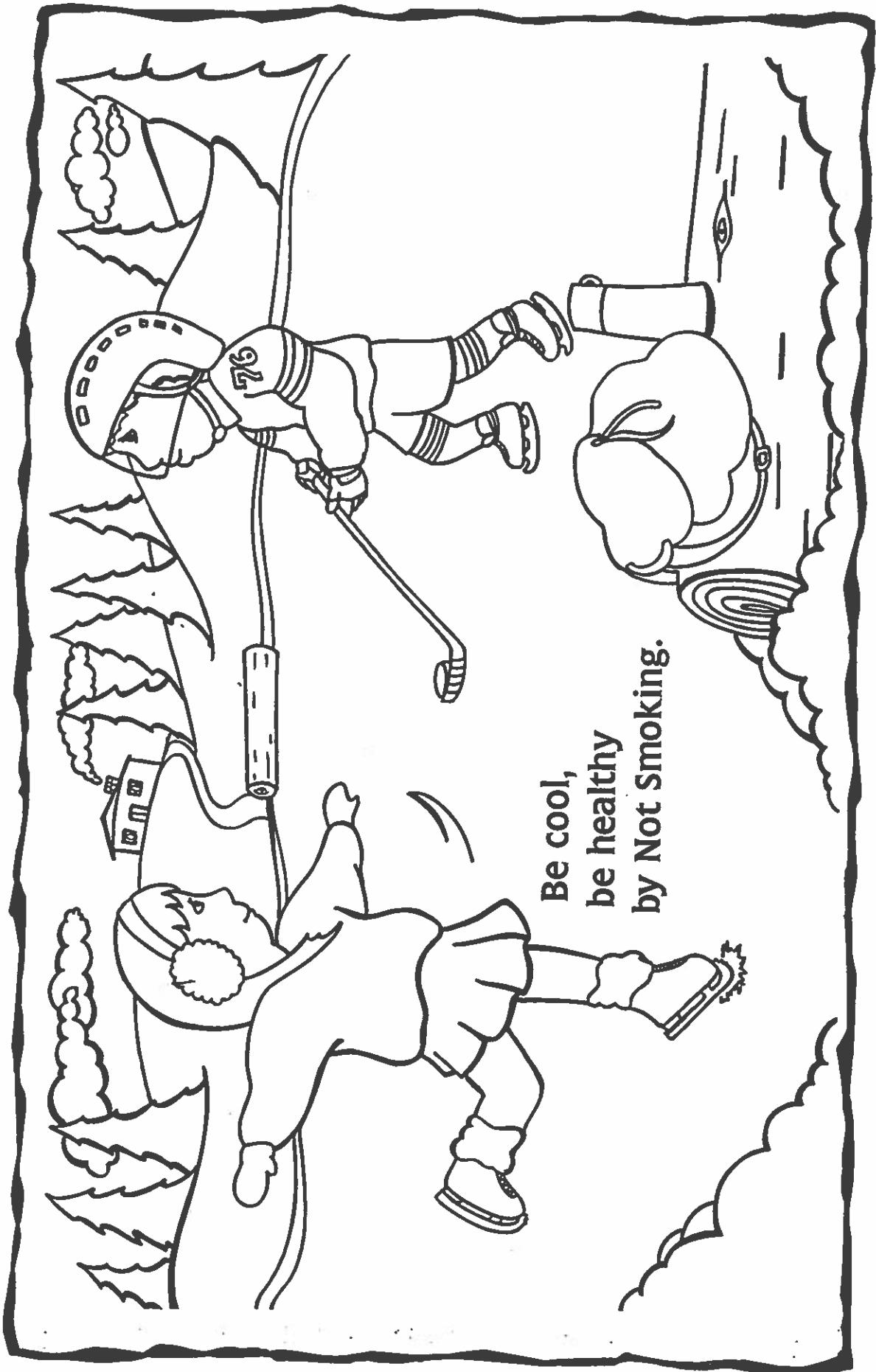
The 'Not Smoking means...' colouring book is targeted for kindergarten to grade 4 but is most practical for grade 4. If you decide to use it for younger children, perhaps it can be read to them with the guidance of a parent, teacher or facilitator so that the messages can be explained to them and discussed. This would be an ideal opportunity to talk about smoking and how it affects one's health, second hand smoke, healthier lifestyle choices, outdoor activities and the history and purpose of tobacco as a sacred medicine. As well, a larger size 8 1/2 X 11" black line master can be made available on request. If tobacco is not used by your people or there are pictures that are not applicable to your culture, this would provide an excellent opportunity for cross-cultural awareness.



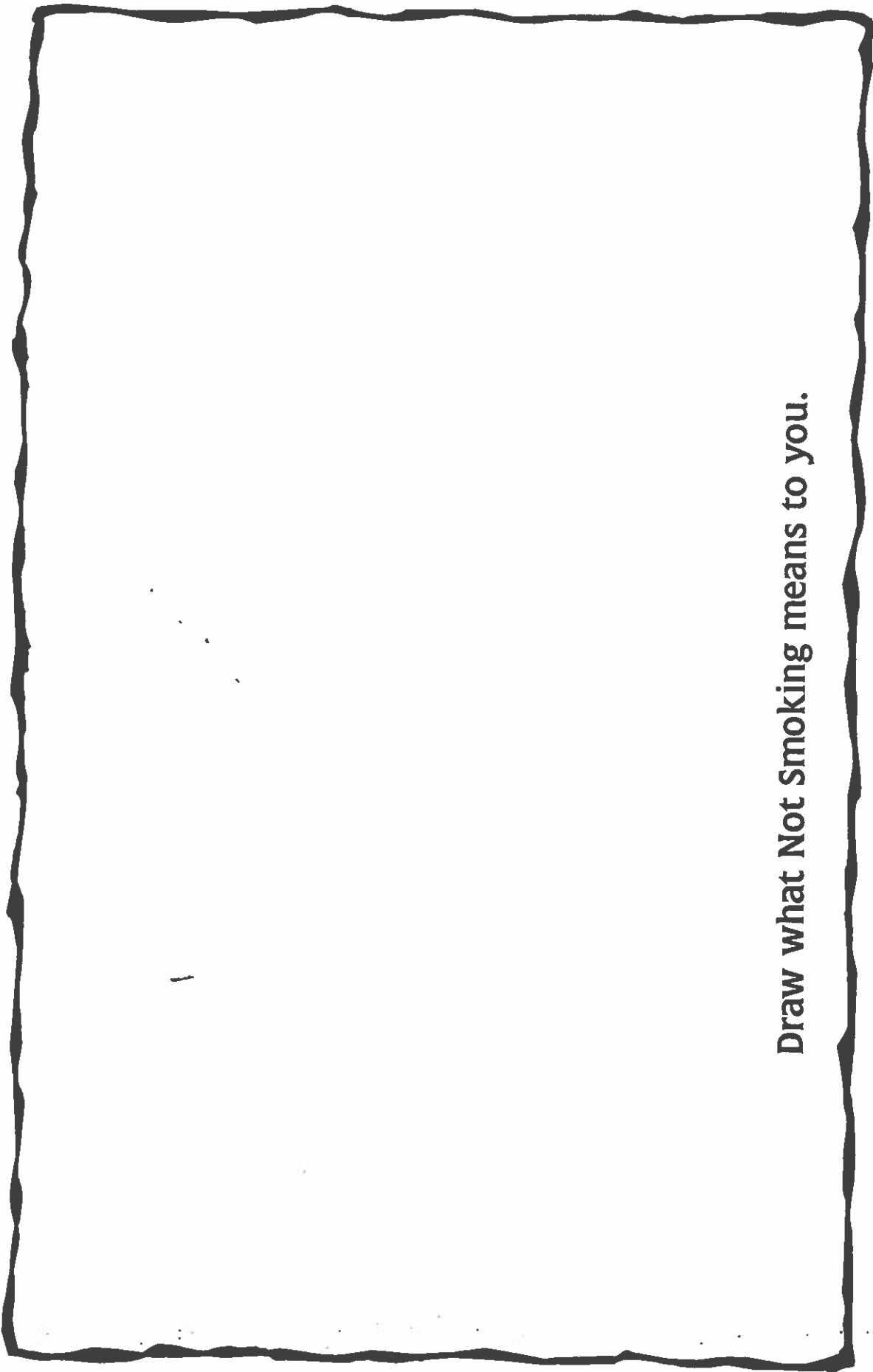
**Not Smoking means my teeth will
stay as white as snow.**



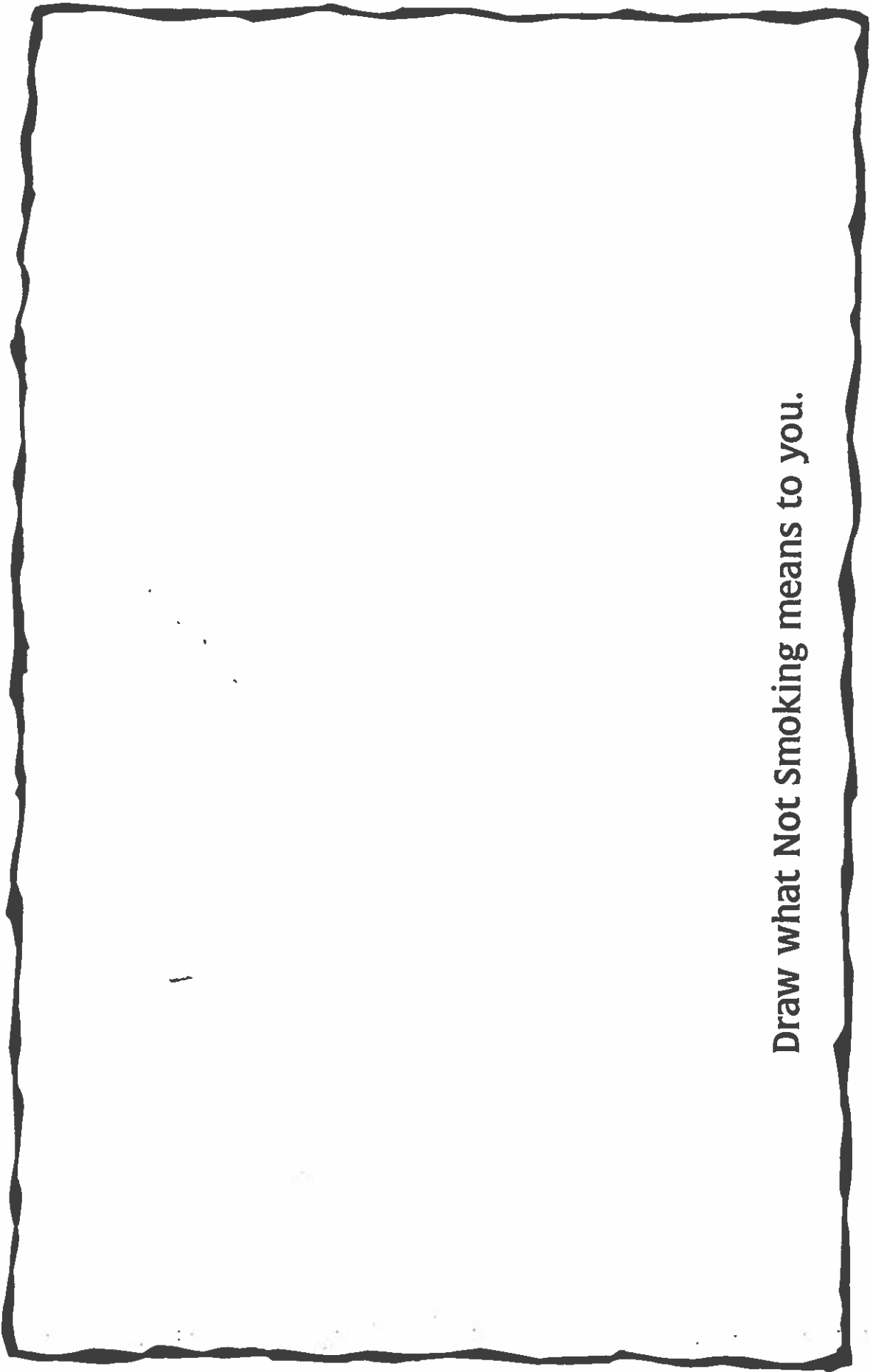
Not Smoking means a healthier baby.



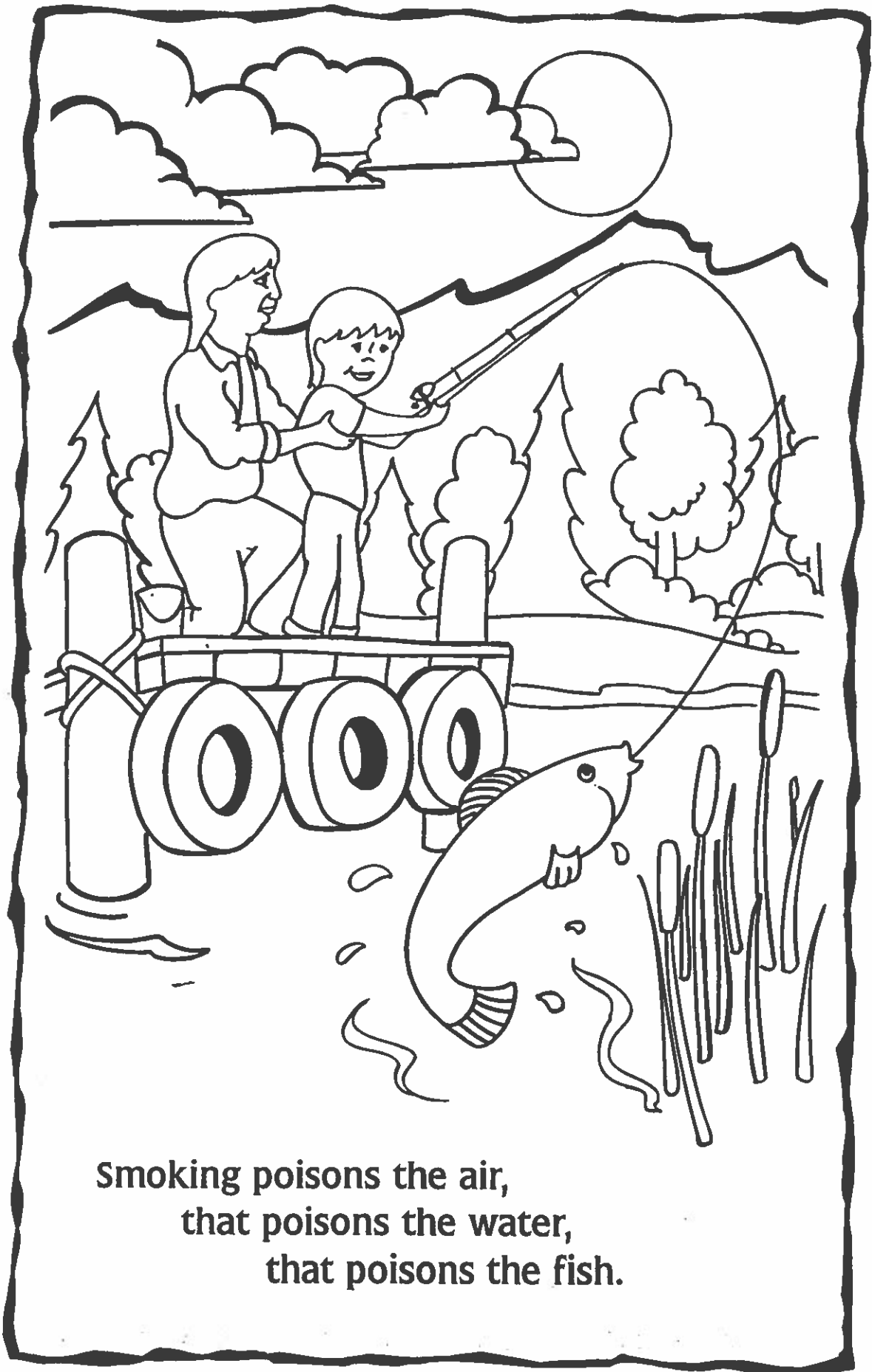
**Be cool,
be healthy
by Not Smoking.**



Draw what Not Smoking means to you.



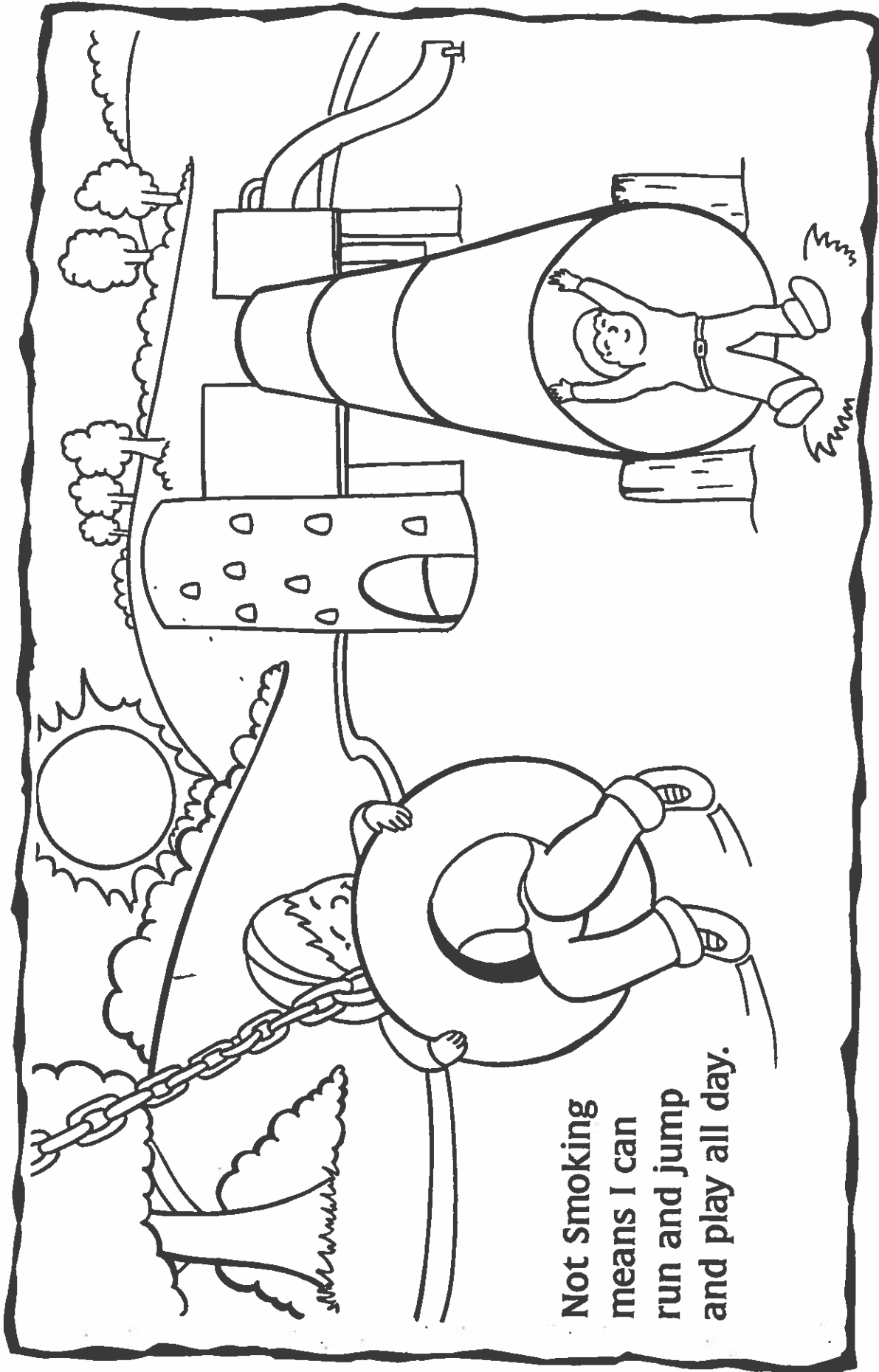
Draw what Not Smoking means to you.



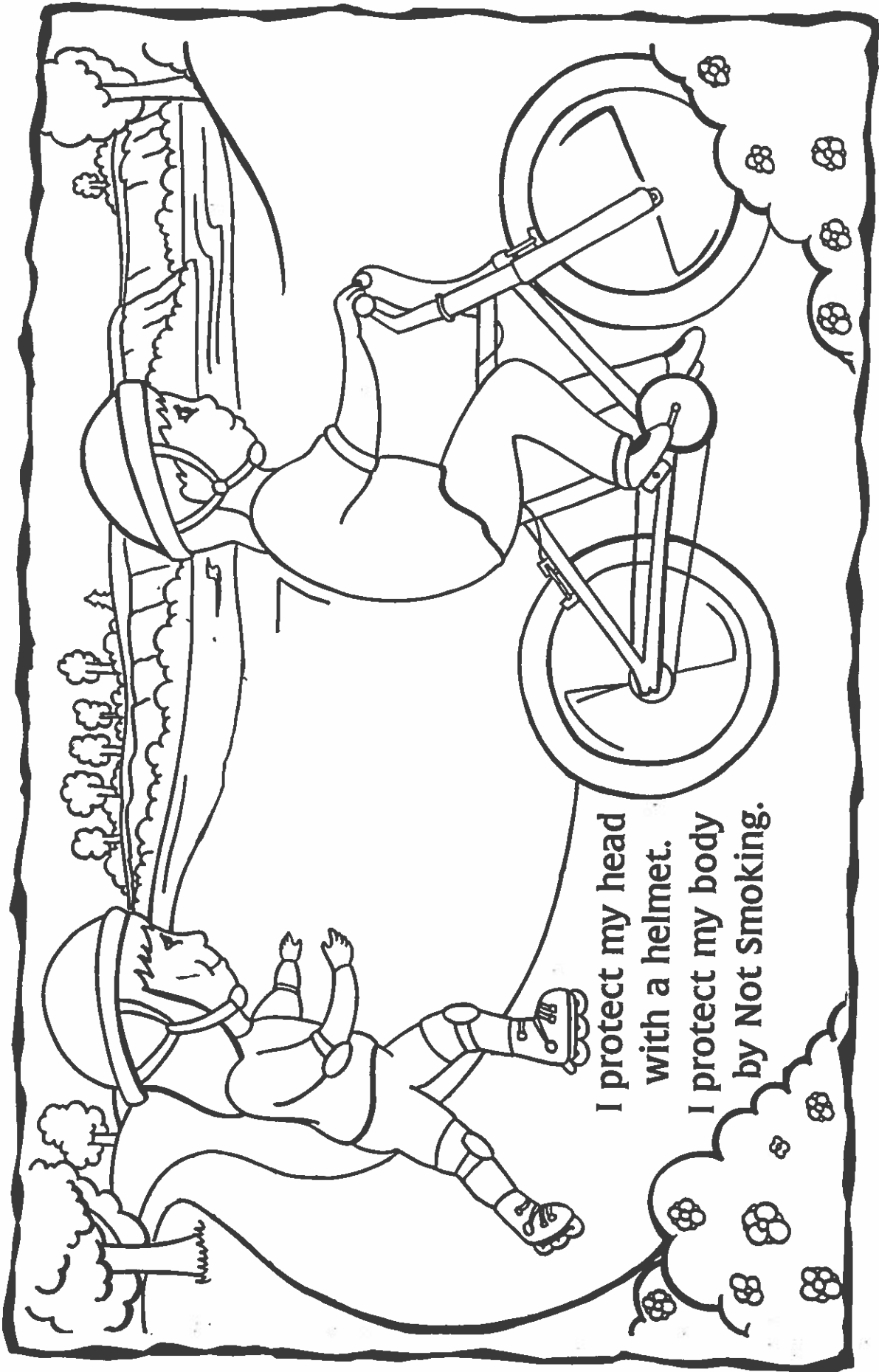
**Smoking poisons the air,
that poisons the water,
that poisons the fish.**



**Not Smoking means a healthy family
that can grow together.**



Not Smoking
means I can
run and jump
and play all day.



I protect my head
with a helmet.
I protect my body
by Not Smoking.

**Draw a picture of you and your family
having fun together.**

"Not Smoking means..." was produced by Nechi
Institute Health Promotions & Publications Division
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1-800-769-6229

We would like to acknowledge the following people
for their contribution to this project:

Cindy Ginnish - Eel Ground Reserve, N.B.

Terri Skaggs - Alberta Lung Association

Trish Mercredi - Nunee Health Board -

Fort Chipewyan, Alberta

Casimir Picard - Centre de Santé-Maliotenam,
Quebec

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