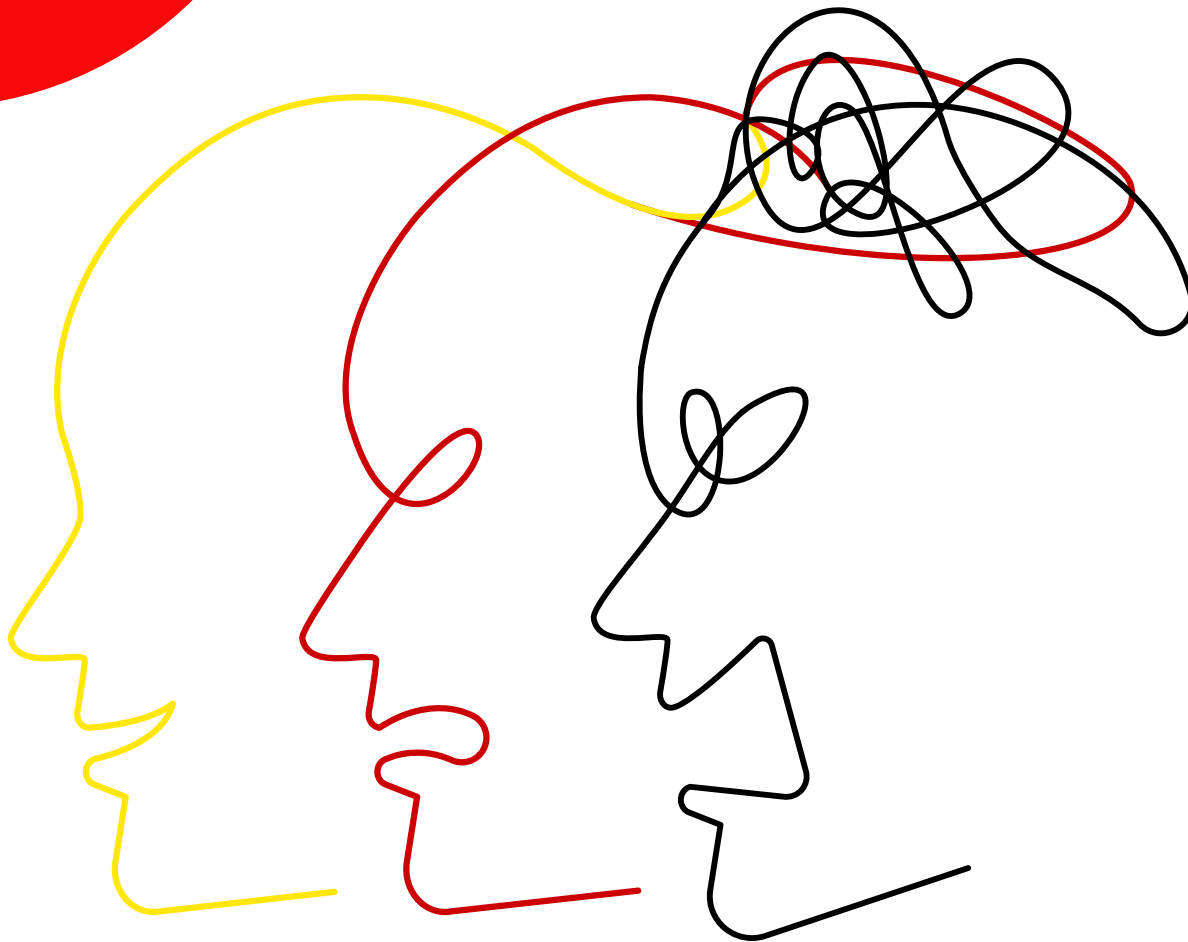
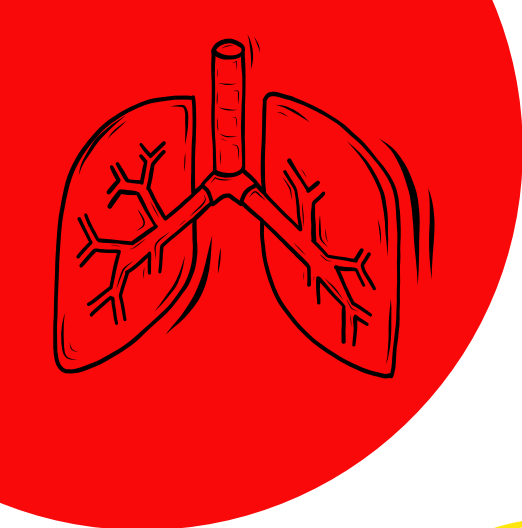


TRADITIONAL VS COMMERCIAL TOBACCO

A FUN & HEALTHY COLORING EXPERIENCE

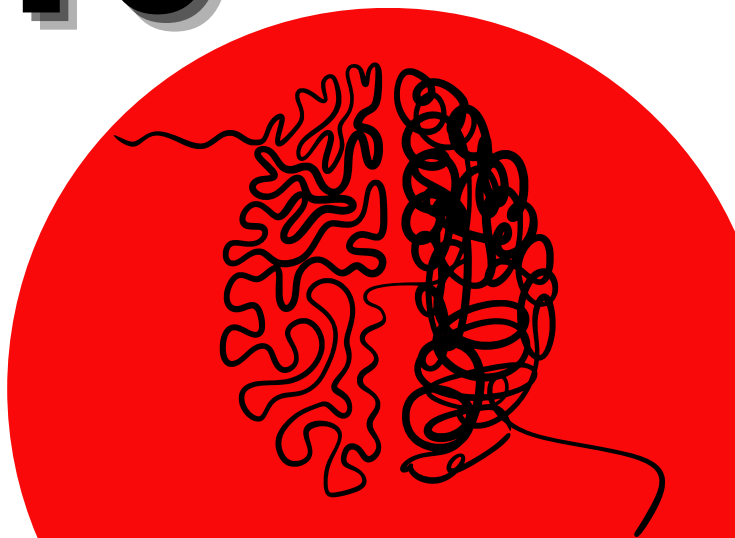
HEALTHY LIFE STYLE



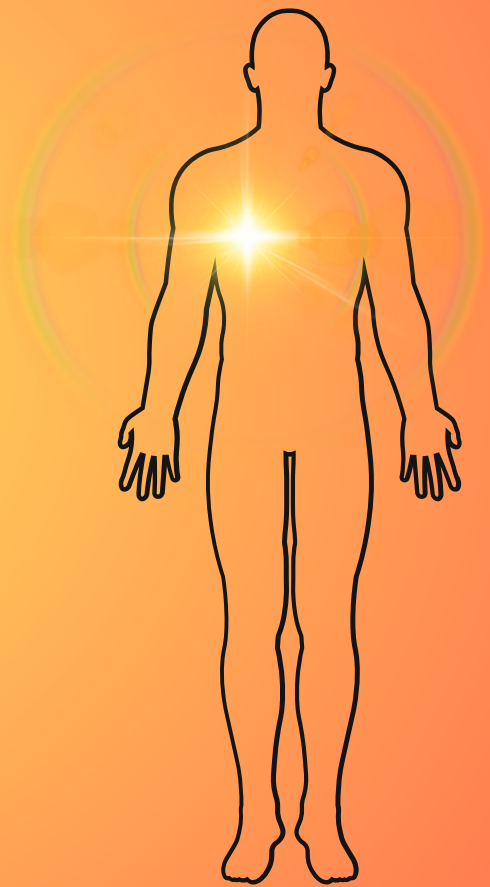
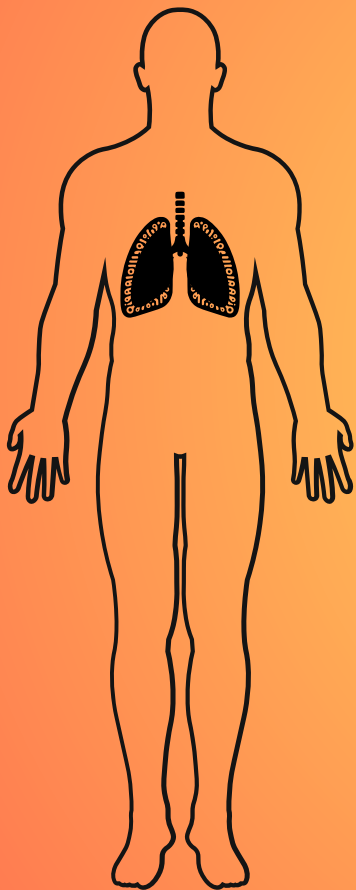
**SAY NO TO
SMOKE**

RESPECT & HONOR

RED MEDICINE PROJECT

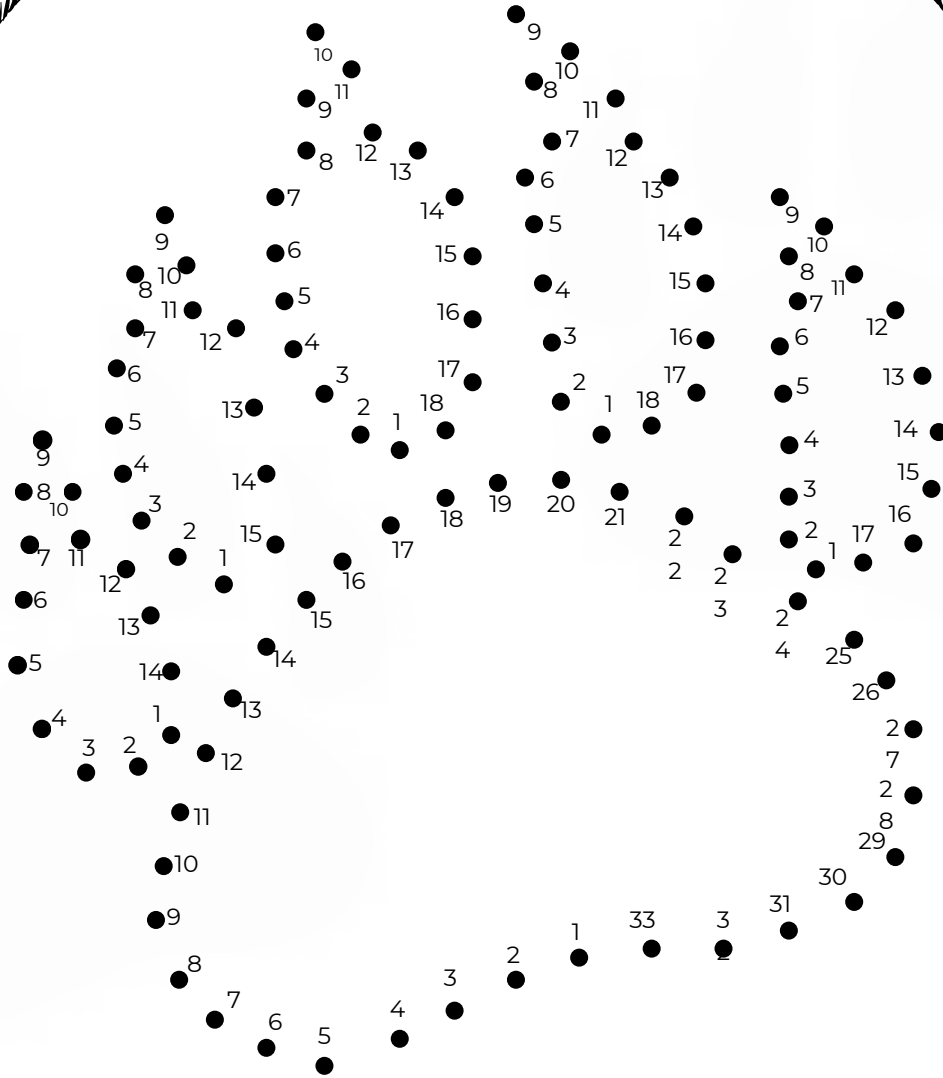


**COMMERCIAL
TOBACCO HURTS
OUR MIND & BODY**



TRADITIONAL TOBACCO HEALS THE SOUL

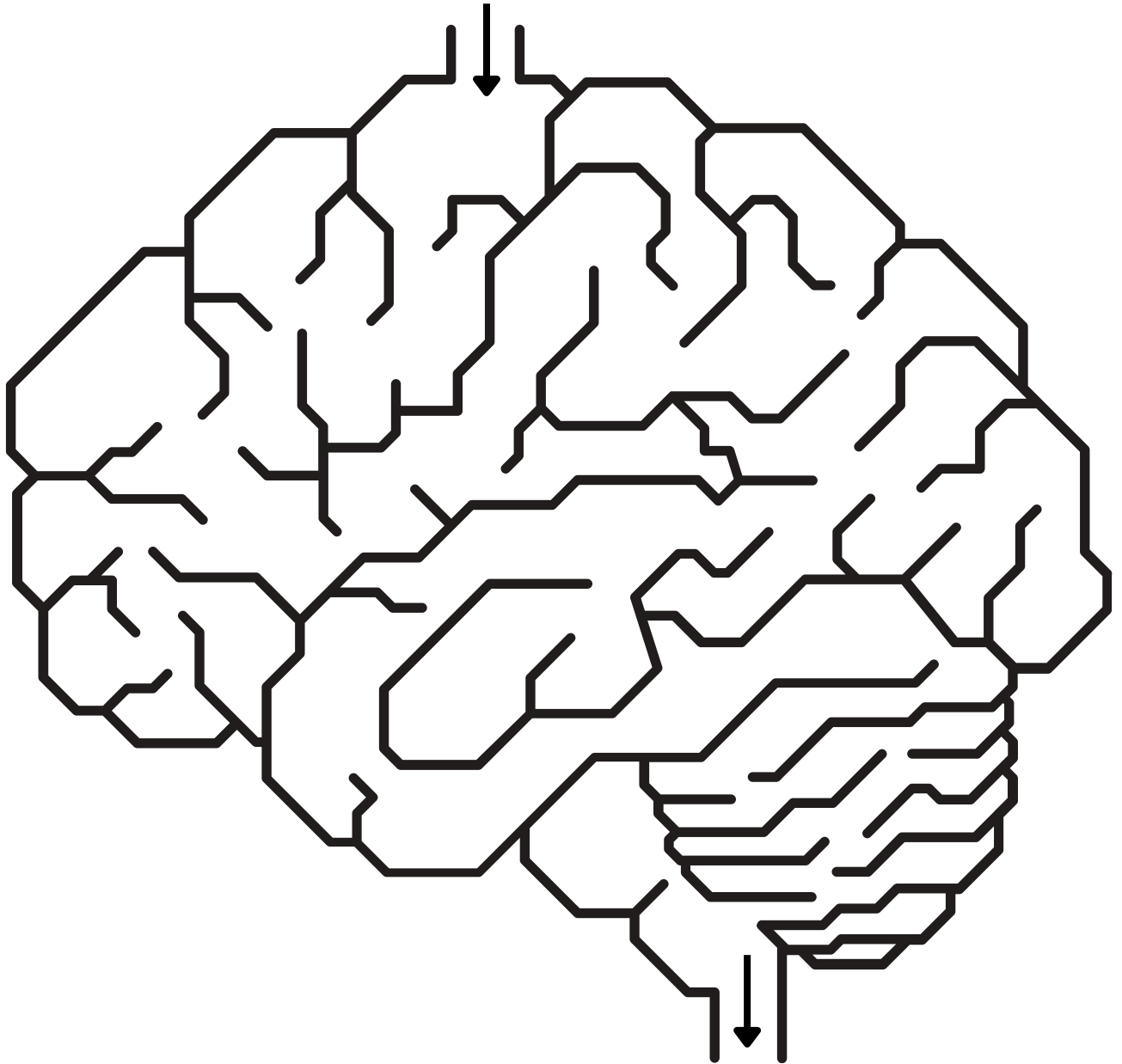
**CONNECT THE DOTS
TO COMPLETE
THE PICTURE.**



***CIGARETTE SMOKING CAUSES ABOUT 1 IN EVERY 5
DEATHS IN THE UNITED STATES EACH YEAR. IT'S
THE MAIN PREVENTABLE CAUSE OF DEATH AND
ILLNESS IN THE UNITED STATES.***

<https://www.nhlbi.nih.gov/health/heart/smoking>

COMPLETE THE PATH INSPIRED BY THE JOURNEY TO BEING TOBACCO FREE



1. Smoking can reduce the blood flow in the heart.
2. Smoking can also increase the heart rate.
3. Tobacco also can cause memory loss and delay responses

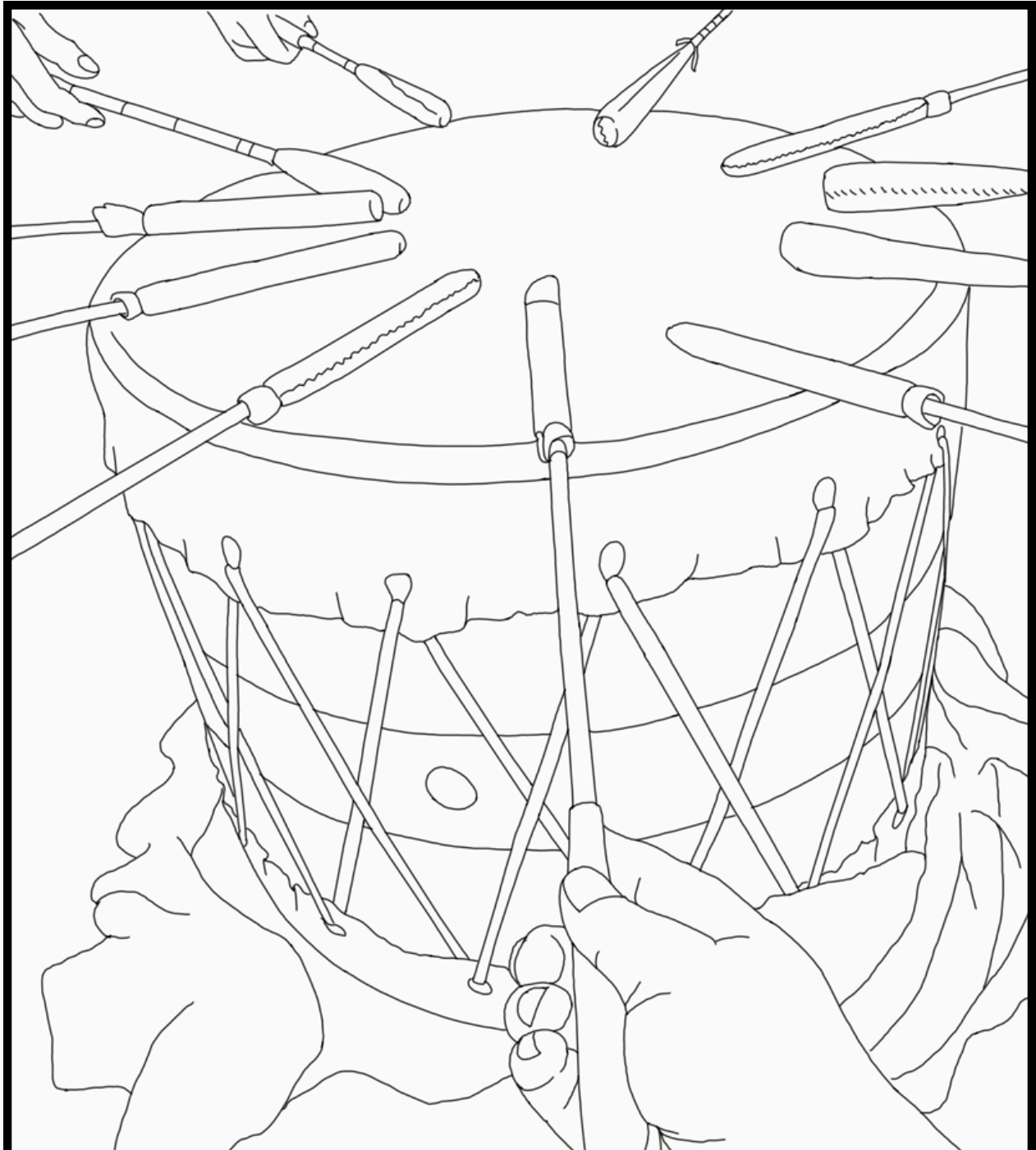


High School - Lesson 6 - Can't Be Missed:
Cannabis & YOU-th

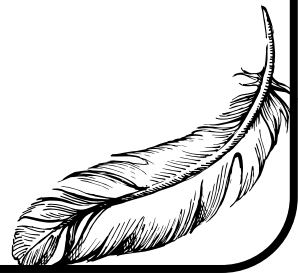
Recognize the effects of cannabis through different
methods of intake and understand how the brain...

Tobacco Prevention Toolkit

MUSIC IS MEDICINE



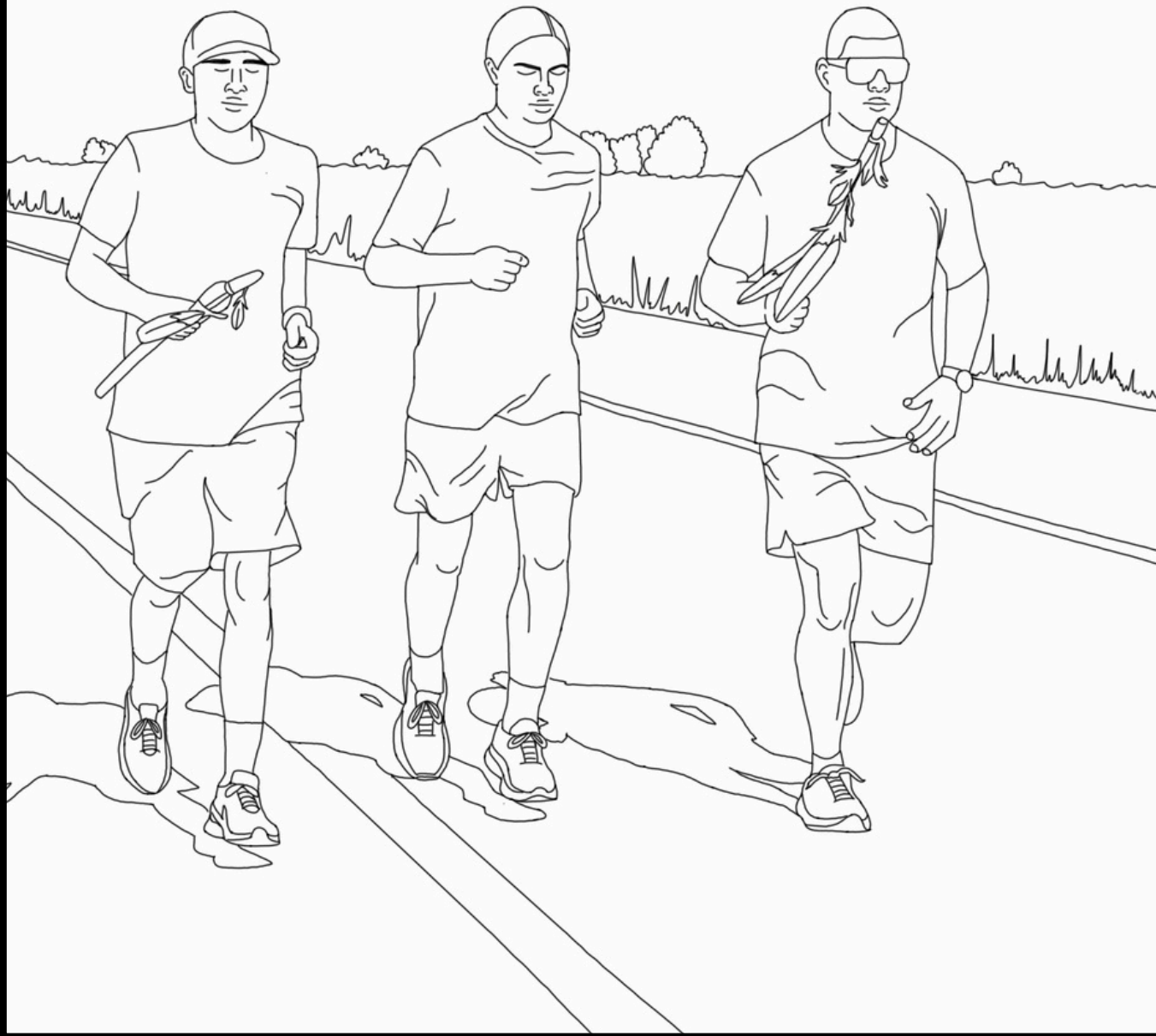
Traditional tobacco holds a significant role in various indigenous cultures as an offering or element of prayer. It is customary to scatter traditional tobacco over drums or specific spaces as a symbol of invoking prayers and seeking protection.



DRAW A PICTURE OF WHAT BEING
TOBACCO FREE LOOKS LIKE TO YOU.

NOW WRITE WHAT IT MEANS TO LIVE TOBACCO FREE.

PEACE & DIGNITY RUN 2024



Being active in our communities is one of the best ways to stay healthy and fight the harms of tobacco use.

Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones, bladder, and digestive organs.

<https://www.nhlbi.nih.gov/health/heart/smoking>

WORD SEARCH

C	E	R	E	M	O	N	I	E	S	Y	T
R	O	D	H	E	A	L	I	N	G	Q	R
E	J	M	K	X	S	R	K	V	B	A	A
A	S	B	M	A	Y	N	Z	I	F	N	D
T	P	G	C	U	L	T	U	R	E	C	I
O	F	R	N	G	N	X	V	O	P	E	T
R	E	L	A	D	Y	I	W	N	R	S	I
D	H	I	Q	Y	H	J	T	M	Z	T	O
B	O	Z	S	T	E	O	C	I	D	O	N
V	P	W	K	F	Q	R	X	N	E	R	P
M	E	D	I	C	I	N	E	T	L	S	U

Environment

Ceremonies

Culture

Prayer

Creator

Healing

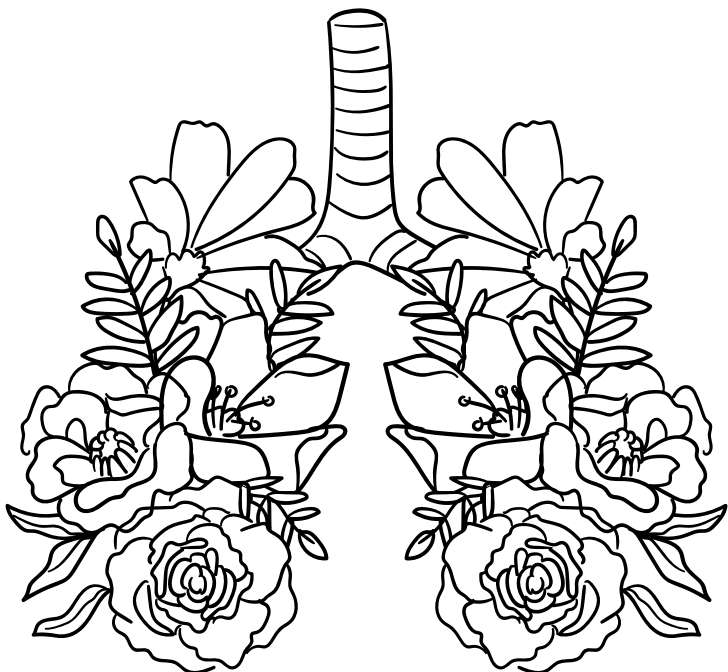
Tradition

Sacred

Medicine

Ancestors

Communities



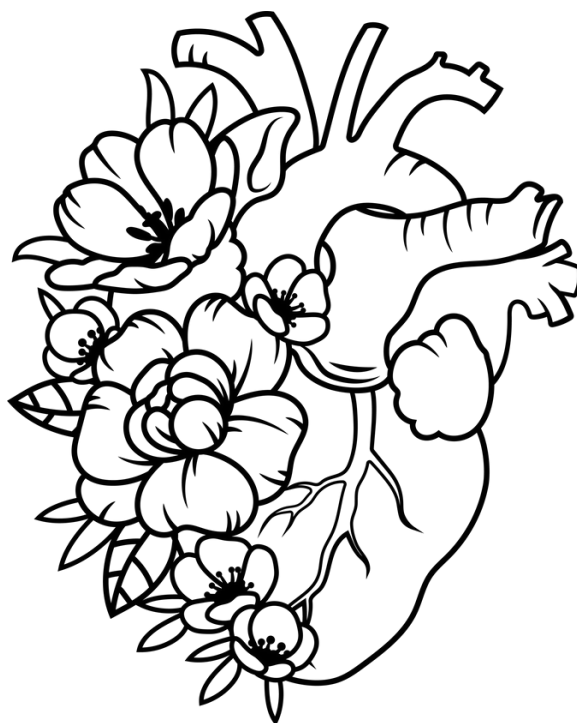
Inhaling smoke damages lungs by leaving a tar-like coating, contributing to further harm with each cigarette smoked. Smoking harms the lining cells of the 500 million alveoli in your lungs, which extract oxygen and release carbon dioxide; causing permanent damage.

<https://www.mdanderson.org/cancerwise/what-happens-to-your-lungs-from-smoking--3-things-to-know.h00-159540534.html>

TAKE CARE OF YOUR BODY.

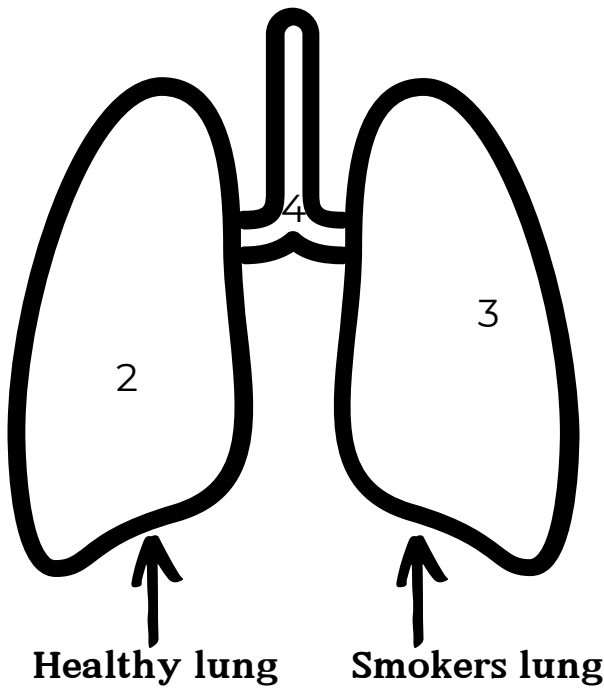
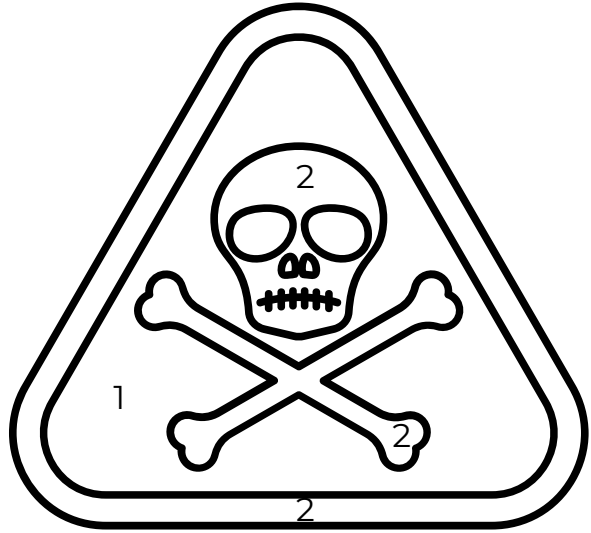
Smoking is a major risk factor for heart disease.

Smoking also increases your risk for peripheral artery disease (PAD). PAD is when plaque builds up in the arteries that carry blood to your head, organs, arms, and legs. People who have PAD have an increased risk for coronary heart disease, heart attack, and stroke.



<https://www.nhlbi.nih.gov/health/heart/smoking>

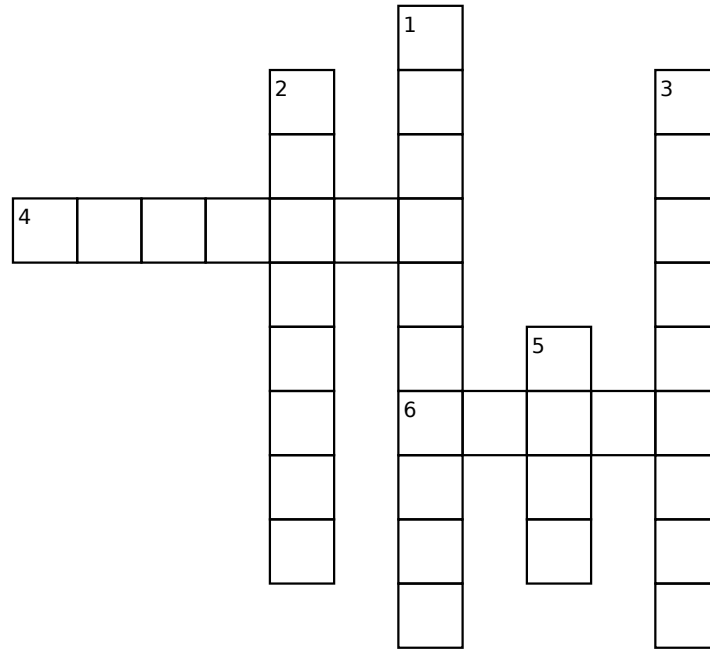
COLOR BY NUMBER



1. Yellow
2. Red
3. Brown
4. Pink

These images illustrate how harmful chemicals impact the body's anatomy, particularly the lungs. A healthy lung appears red and pink, whereas a smoker's lung often shows shades of brown, grey, and even black due to the accumulation of tar and toxic substances.

TOBACCO CROSSWORD



Down:

1. Smoke inhaled involuntarily from tobacco being smoked by others.
2. An addictive, poisonous chemical found in tobacco.
3. The fact or condition of being addicted to a particular substance, thing, or activity.
5. A device used for inhaling vapor containing nicotine and flavoring.

Across:

4. A plant that can be dried and smoked in cigarettes, pipes, or cigars, Cigarette, a thin cylinder of finely cut tobacco rolled in paper for smoking., Lungs, supplies the body with oxygen
6. Maintains the circulation of the blood.

TOBACCO PLANT

FLOWERS



LEAVES

STEMS

Flower benefits

In some indigenous cultures, tobacco flowers are used in rituals and ceremonies. The pleasant aroma of the flowers is believed to have calming and purifying effects. Some studies have suggested that the flowers of the tobacco plant contain compounds with antioxidant properties. Antioxidants can help neutralize harmful free radicals in the body, potentially reducing oxidative stress and inflammation. Research has indicated that extracts from tobacco flowers may have antimicrobial properties, which could be useful in treating infections.

Leaf benefits

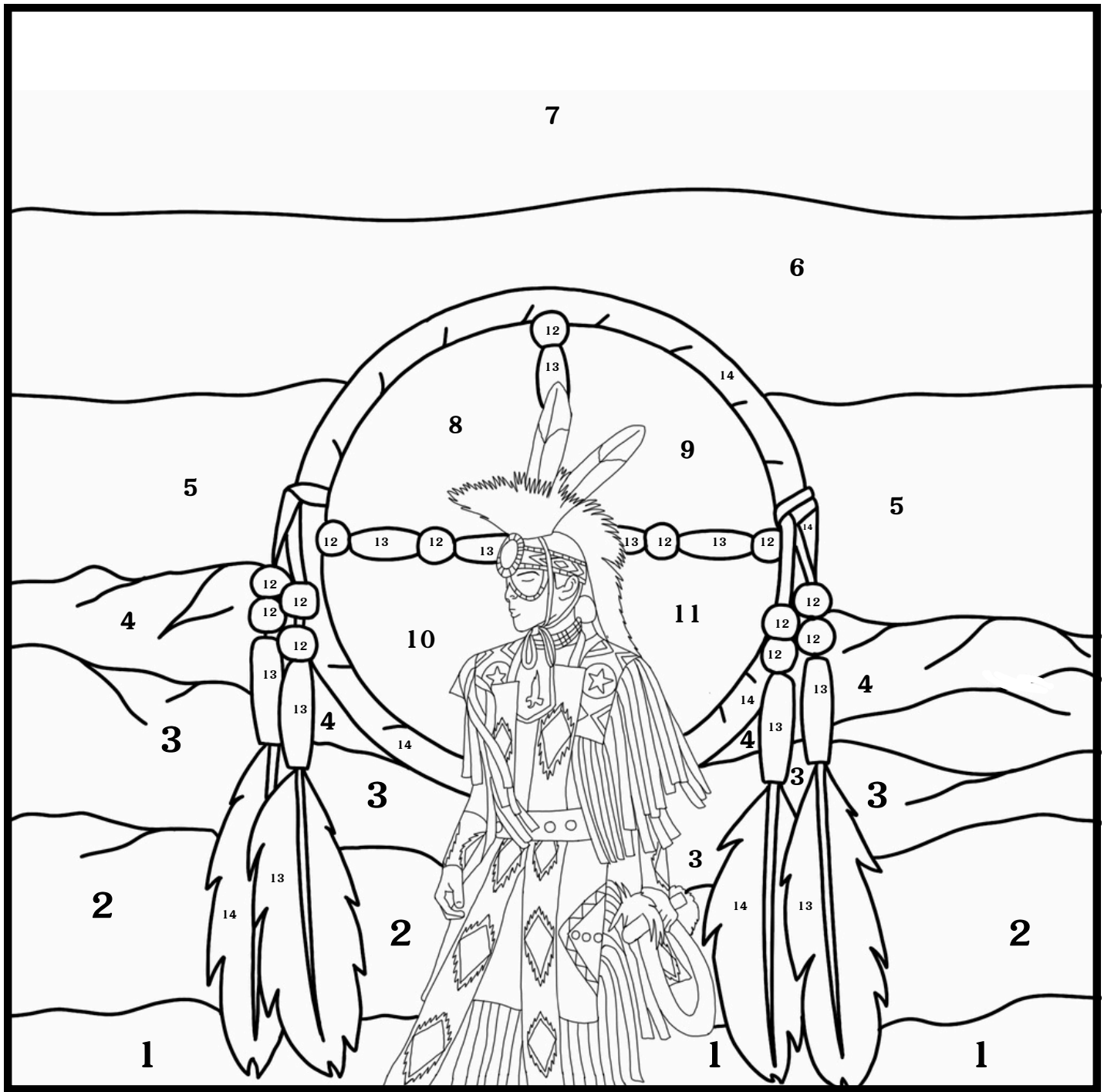
The stems of the tobacco plant have been used to create natural insect repellents. This is due to the nicotine content, which is toxic to many insects. Similar to leaves, the stems have been used in some cultures for creating poultices and other traditional remedies, although less commonly than the leaves.

Stem benefits

Tobacco leaves have been used in traditional medicine for their antiseptic and anti-inflammatory properties. They are sometimes applied topically to wounds, insect bites, and other skin irritations to reduce swelling and prevent infection. Crushed tobacco leaves have been used in poultices to relieve pain and inflammation. This practice has been common in various indigenous cultures.

Despite these traditional and potential medicinal uses, it's important to note that tobacco and its derivatives can be harmful. The adverse health effects of tobacco, especially when smoked, include an increased risk of cancer, cardiovascular diseases, respiratory problems, and addiction. Therefore, any medicinal use of tobacco should be approached with caution and under the guidance of a healthcare professional.

COLOR BY NUMBER



1. Brown

5. Light blue

9. Red

2. Light green

6. Blue

10. White

13. Tan

3. Green

7. Dark blue

11. Yellow

14. Beige

4. Dark green

8. Black

12. Orange

TOBACCO PREVENTION WORD SCRAMBLE

Directions: Unscramble the words

1. cacotob _____

2. lro easo _____

3. irnvmeeon tn _____

4. agrtteeci _____

5. etnniico _____

6. ulgsn _____

7. omlhtne _____

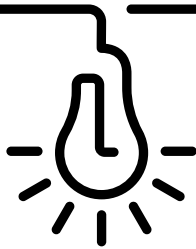
8. icotnda id _____

9. rtahe _____

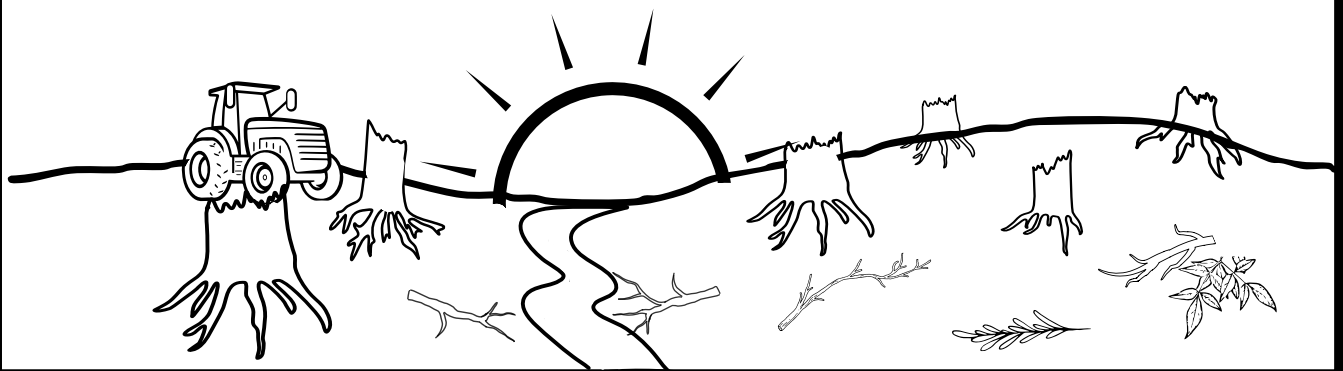
10. ddocshnane _____

11. trimaslciomp _____

SPOT THE DIFFERENCE



About 200,000
forest are
removed each
year by tobacco
farming



True or False

Circle the right answer True or False

- 1** **True or False**
The leading cause of lung cancer is smoking cigarettes.
- 2** **True or False**
The only bad effect cigarettes and e-cigarettes have on our environment is in the air.
- 3** **True or False**
4.5 trillion cigarettes are littered every year.
- 4** **True or False**
Cigarettes are the most littered item in the world.
- 5** **True or False**
The only harm e-cigarettes and cigarettes can cause us is in our lungs.

LANGUAGE GLOSSARY



TSALAGI

Tobacco - Tso-La KW

Body - A-ye-lv Dᑲᑲ

Lungs - Tsu-we-la ᑲᑲᑲᑲ

Heart - a-da-nv-do Dᑲᑲᑲᑲ

Good -O-s-d-v ᑲᑲᑲᑲ

Bad - u-yo-i ᑲᑲᑲᑲ

Language added by Alayna Arndt

WUKCHUMNI

Tobacco - So'cono

Body - Bothad

Lungs - n/a

Heart - Hon Hon

Good - Ihnshish

Bad - Ohm

Language added by Mariah Oliveira

YOWLUMNE

Tobacco - Sohul

Body - Poloth'

Lungs - Hashbpayal

Heart - Oh'shook

Good - Insis

Bad - Toh'chi

Language added by Shealuhn Hunter



ANSWER KEY

TRUE OR FALSE

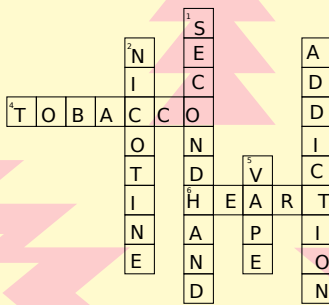
- 1 true
2. false
3. true
4. true
5. false

WORD SCRAMBLE

1. tobacco
2. aerosol
3. environment
4. cigarette
5. nicotine
6. lungs
7. menthol
8. addiction
9. heart
10. secondhand
11. microplastic

CROSSWORD

Tobacco Crossword



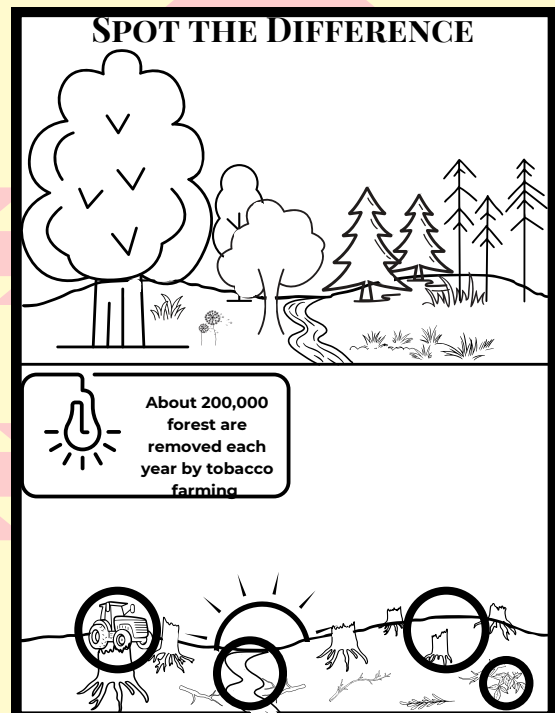
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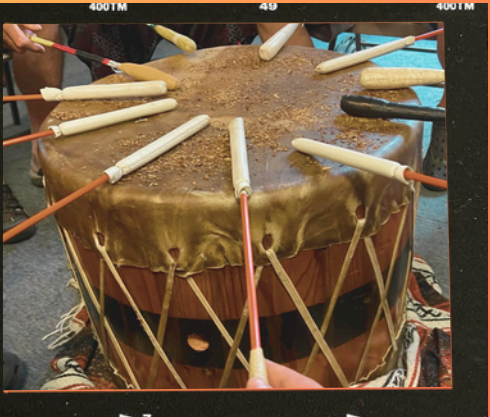
SPOT THE DIFFERENCE





Traditional tobacco symbolizes spiritual healing, serving as a means to connect with our ancestors, communicate with them, and express gratitude to our creator. It is a gesture of respect and acknowledgment of the gift passed down from our ancestors.

-Raymond Mercado



RESPECT

Traditional Tobacco

DECOLONIZE

Commercial Tobacco



This publication was collaboratively crafted by the youth affiliated with the Red Medicine Tobacco Prevention Project. This organization is dedicated to raising awareness within indigenous communities, fostering a transition to being free of commercial tobacco, particularly in Kern, Kings, and Tulare counties. Their mission centers on revitalizing traditional tobacco practices while upholding cultural values. The compilation of this coloring book project was spearheaded by the 2024 summer interns, namely Tarah Oliveira, Alex Tapleras, Alayna Arndt, Raymond Mercado, Shealuhn Hunter, Mariah Oliveira, and Raemie Martinez, under the guidance of group coordinators Sonia Serra-Garcia and Jackie Kaslow.

We express our gratitude and extend our best wishes.

@REDMEDICINEPROJECT