

TOBACCO ★ FREE ★

EDUCATIONAL
ACTIVITY BOOK

VAPE EDITION



**KENAITZE
INDIAN
TRIBE**

Illustrated & Written by
Shelby Dykstra
Youth Tobacco Prevention
Coordinator Kenaitze Indian Tribe

ALASKA'S
TOBACCO
QUITLINE
1-800-QUIT-NOW
alaskaquitline.com

The truth is, tobacco is dangerous, and vaping isn't any safer.
You should know it's not just water vapor!

Vaping can increase the risk of damage to your brain and lungs.
Now, why would you want that? Especially being so young!

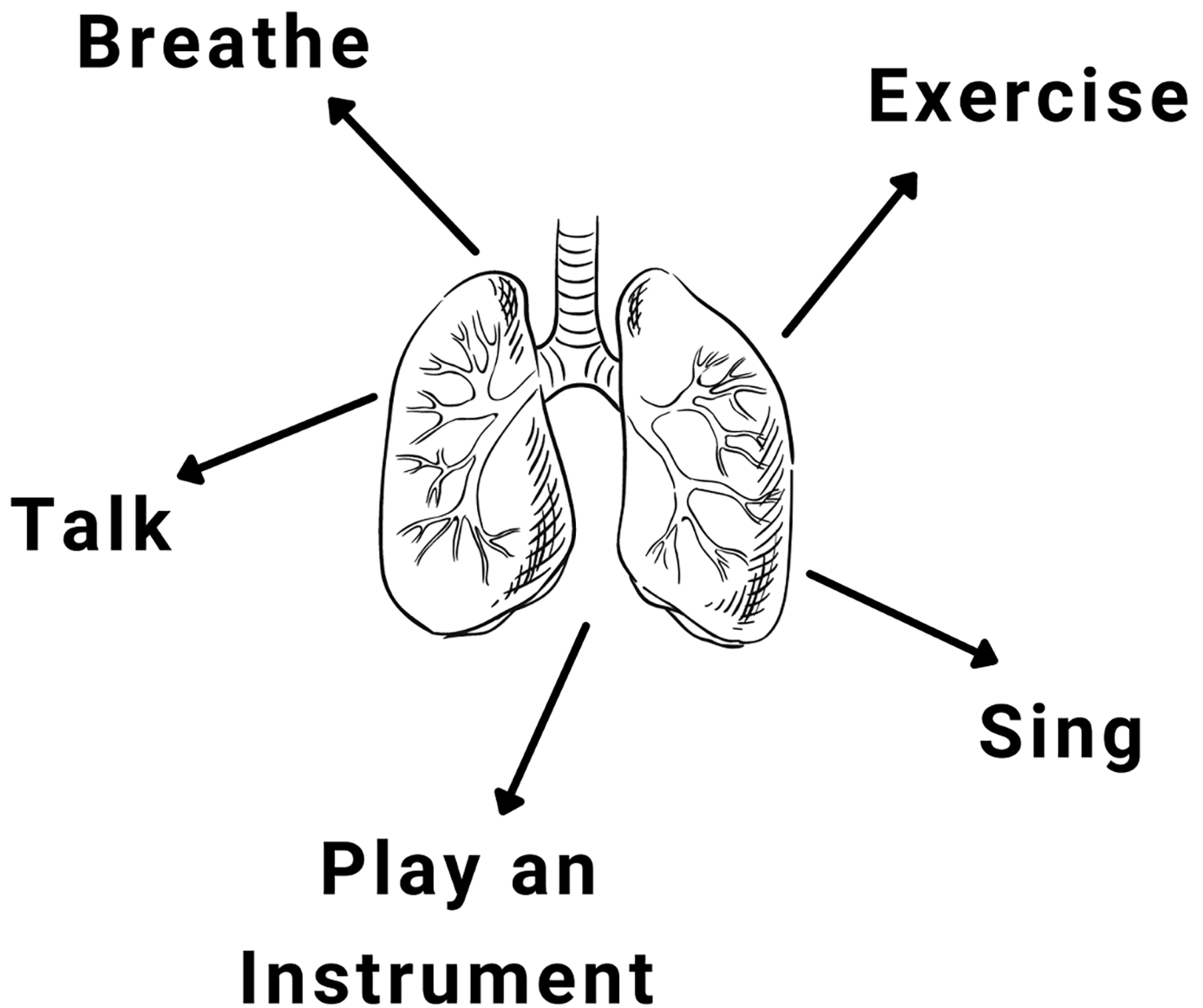
Instead, take a moment to reflect on how amazing you are.
By saying "NO" to vaping, you're already on the road to being a superstar.

Life can be stressful and hard at times, it's true.
But find a positive outlet, and you'll surely make it through.

Finally, it's best to take a lesson from Puffin Pete.
Just stomp out vaping with both feet!



Look at some of the cool things
our lungs allow us to do!



Why would you want to jeopardize
your lung health by vaping?

COST OF VAPING



	1/2 pod	1 pod	1 1/2 pods
Day	\$2.50	\$5.00	\$7.50
Week	\$17.50	\$35.00	\$52.50
Month (30 days)	\$75.00	\$150.00	\$225.00
Year	\$912.50	\$1825.00	\$2737.50

1 Juul pod = about 20 cigarettes

*Remember, these prices DO NOT include the cost of a vape device or chargers.

PRODUCT	PRICE
AirPods	\$120
Apple Watch	\$200-400
iPad	\$300
PlayStation 5	\$499-875
PlayStation VR	\$349
Nintendo Switch	\$300
Minecraft Subscription	\$7.99/month
Air Jordans	\$140
Razor Electric Scooter	\$147

Choose a couple products. How many of each could be bought if someone vaped 1 pod/day for 1 year?

Example $\frac{\$1825}{\text{(cost of vaping)}} \div \frac{\$140}{\text{(cost of product)}} = \frac{13 \text{ pairs of Air Jordans}}{\text{(number of products)}}$

Product #1 $\frac{\underline{\hspace{2cm}}}{\text{(cost of vaping)}} \div \frac{\underline{\hspace{2cm}}}{\text{(cost of product)}} = \frac{\underline{\hspace{2cm}}}{\text{(number of products)}}$

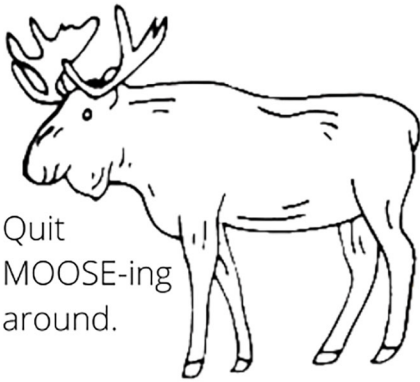
Product #2 $\frac{\underline{\hspace{2cm}}}{\text{(cost of vaping)}} \div \frac{\underline{\hspace{2cm}}}{\text{(cost of product)}} = \frac{\underline{\hspace{2cm}}}{\text{(number of products)}}$



NOT ONLY IS VAPING HARMFUL ON THE BODY, BUT IT CAN PUT A DENT IN YOUR WALLET, TOO.

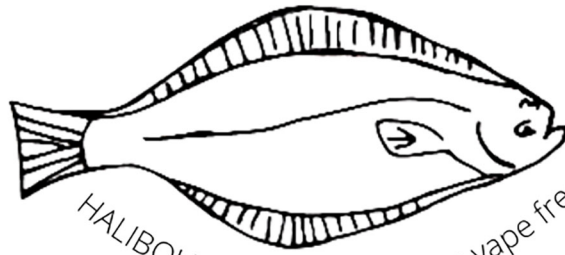


this is such a PUN page!



Quit
MOOSE-ing
around.

Vaping is not healthy.

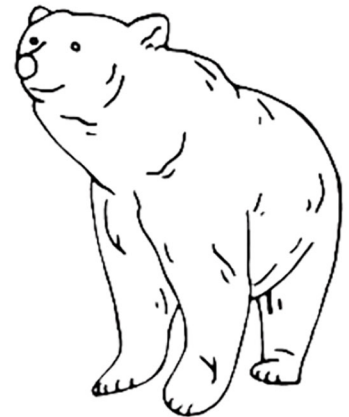


HALIBOUT you choose to live vape free!

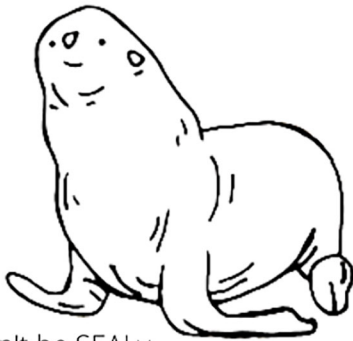


You
OTTER

not smoke or vape.



Secondhand smoke
is unBEARable.



Don't be SEALy.
Vaping isn't a better alternative to smoking.



The environmental impact of tobacco is WHALEY bad!

CREATE YOUR
OWN



Cultural Values

This is a word search puzzle that has a hidden message in it.

1. Find all the bolded words in the list (words in quotations are not in the word search).
2. Words can go in any direction and share letters as well as cross over each other.
3. Once you find all the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

Ts'itsatna "Ancestors"

Yinihugheltani "one's spirit"

Qiz'unch' "the right way, the truth"

Ada "care, concern, tenderness"

Nadesnaqa "our Elders"

Nagh'utdalts'ina "our neighbors"

Ch'anikna "children"

Nanutset "our history, before our time"

Nakenagh "background, lineage"

Henu "work, job, task"

Nudnelyahich'u qeneshi "plants and animals"

Daggeyi "fellowship"

Ey'uhqats'dalts'iyi "subsistence, living upon the outdoors"

Na'ini "strength, courage, sobriety, humility"

Naghet'a "our honesty"

Chiqinik "thank you"

Answer: VAPING IS NOT PART OF YOUR CULTURE.

SMART HONEST COURAGEOUS
INCREDIBLE VALUABLE LOYAL
GENUINE LOVING KIND RESILIENT
EMPOWERED BRAVE WORTHY
UNIQUE NEEDED SUPPORTIVE
MOTIVATED STRONG FEARLESS
POWERFUL I IMPORTANT
CREATIVE AM TRUTHFUL
COOPERATIVE RESOURCEFUL
TRUSTWORTHY PASSIONATE
AMAZING HELPFUL RESPECTFUL
CONFIDENT DREAMER GRACIOUS
BOLD CARING POSITIVE INSPIRED

Pick the words that best describe YOU.

Time to channel your inner writer!



**PEER
PRESSURE
HAIKU**

INSTRUCTIONS:

A HAIKU CONSISTS OF 3
LINES WITH A TOTAL OF
17 SYLLABLES.

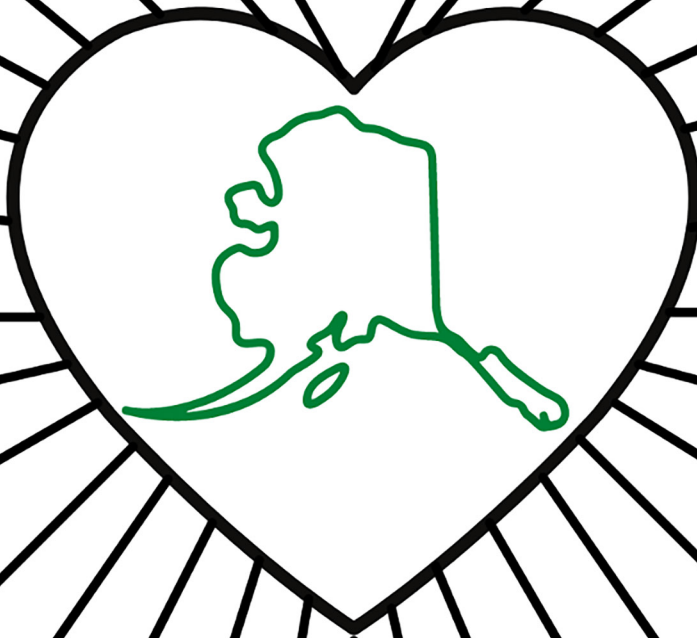
1ST LINE = 5 SYLLABLES
2ND LINE = 7 SYLLABLES
3RD LINE = 5 SYLLABLES

HERE IS A HAIKU TO START YOU OFF.

YOU MAY FEEL PRESSURE
TO VAPE WITH FRIENDS TO FIT IN
HOW WILL YOU SAY NO?

WRITE YOUR RESPONSE, IN HAIKU FORM, ON THE
LINES BELOW. THINK ABOUT HOW YOU WILL SAY NO
TO VAPING WHEN FACED WITH PEER PRESSURE.

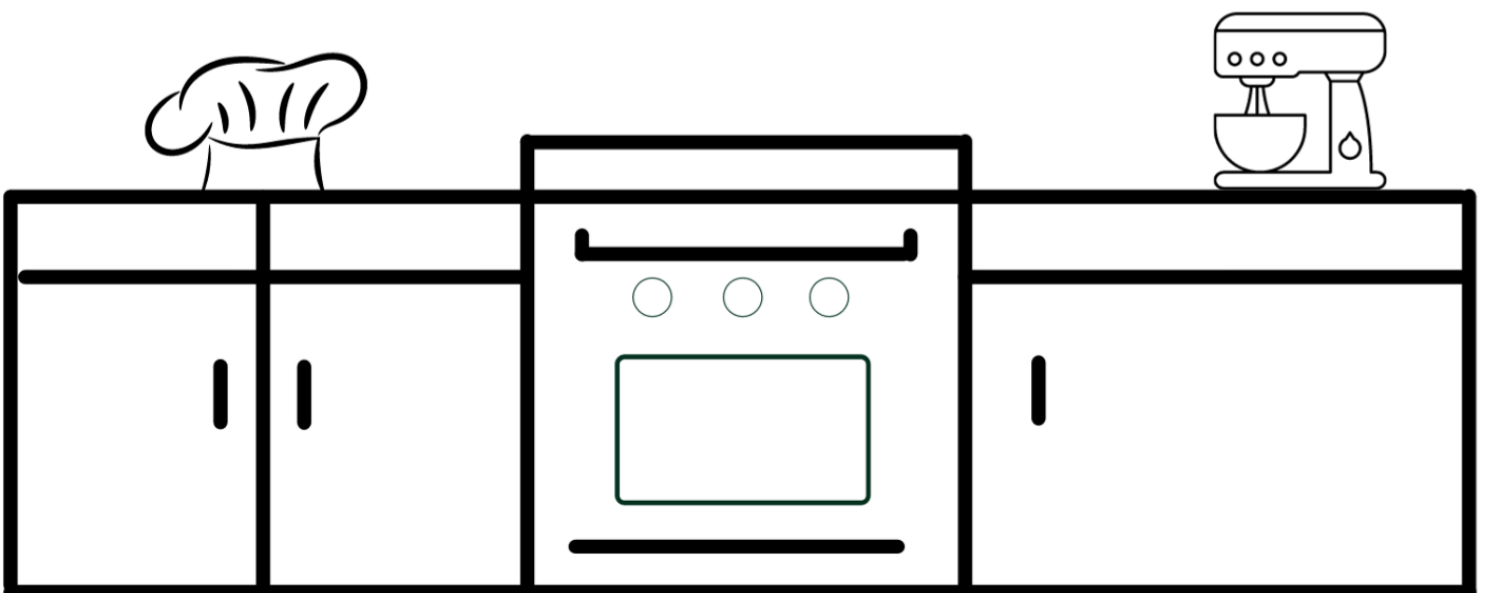
**Each day,
write one thing
you are
grateful
for.**



KITCHEN CREATIONS

Perhaps you're already a culinary wizard or maybe you're new to cooking.

Either way, spending time in the kitchen is a great way to bond with family and friends, boost self-esteem, learn about other cultures and give back.



Fireweed (Nitdghuligi) Tea

Recipe from Tia Holley

 Servings: 1 cup dry tea leaves  Prep Time: 1 hr  Dry Time: 3-5 days

1. Gather fireweed leaves before the plant flowers. Wash and dry.
2. Lay leaves flat out on the counter or cutting board and break the middle vein with a rolling pin.
3. Once the vein is flattened, take 3-5 leaves depending on size and layer on top of each other.
4. Roll the layered leaves together and make into a ball between your hands.
5. Leave the balled leaves out to dry, but covered from any flavor containments.
6. Once dry, usually 3-5 days, the tea is ready to be used!

Chef notes:

Chef notes:

Salmonberry (Nqutkegh) Pie

[no-bake recipe]

 Servings: 3 pies  Prep Time: 1 hr  Chill Time: 30 min

- 1 6oz pkg. orange Jell-O
 - 1 3/4 cups hot water
 - 3 cups salmonberries
 - 1/2 c sugar
 - 1 cup vanilla ice cream
 - 1 cup Cool Whip
 - 3 graham cracker crusts
1. Dissolve Jell-O in hot water.
 2. In a separate bowl, mix salmonberries and sugar.
 3. Add the Jell-O mixture to the berry mixture and stir together.
 4. Add in ice cream and Cool Whip
 5. Pour into pie crusts
 6. Chill in refrigerator for half an hour.
 7. Store leftovers in refrigerator.

EASY FISH (tuq'a) PIE

 Servings: 1 pie  Prep Time: 1 hr  Cook Time: 45 min

- 1/4 lb. cabbage, shredded
 - 1 large carrot, chopped
 - 1 large yellow onion, chopped
 - 2 tbsp. shortening
 - 2 tbsp. butter
 - salt and pepper
 - 1 lb. salmon, skinned and boiled (easier to debone when cooked)
 - 1 cup cooked rice
 - 1 pre-made roll out pie crust
1. Combine cabbage, carrot, onion; simmer all vegetables in shortening and butter until tender. Add salt & pepper.
 2. In a 9x13 inch pan, line the bottom of the pan with pre-made roll out pie crust. Leave some dough for the top.
 3. Pre-heat oven to 350 degrees F
 4. Layer half of the cooked rice, then half the cooked vegetables on top of the crust.
 5. Next, add the salmon.
 6. Finally, layer the remainder of the vegetables and rice.
 7. Place the leftover crust on top.
 8. Bake for 45 minutes or until crust is golden brown.

Chef notes:

Daily Journal

This is a fun way to look back on your day and see what you did!



Note to Myself:

A large green rounded rectangular box for writing a note to oneself.

Star Breathing

WHEN YOU FEEL STRESSED OR OVERWHELMED,
FOLLOW ALONG WITH THE STAR IN THIS SIMPLE
BREATHING EXERCISE.



REVERSE COLORING

All you need is a pen and your imagination!

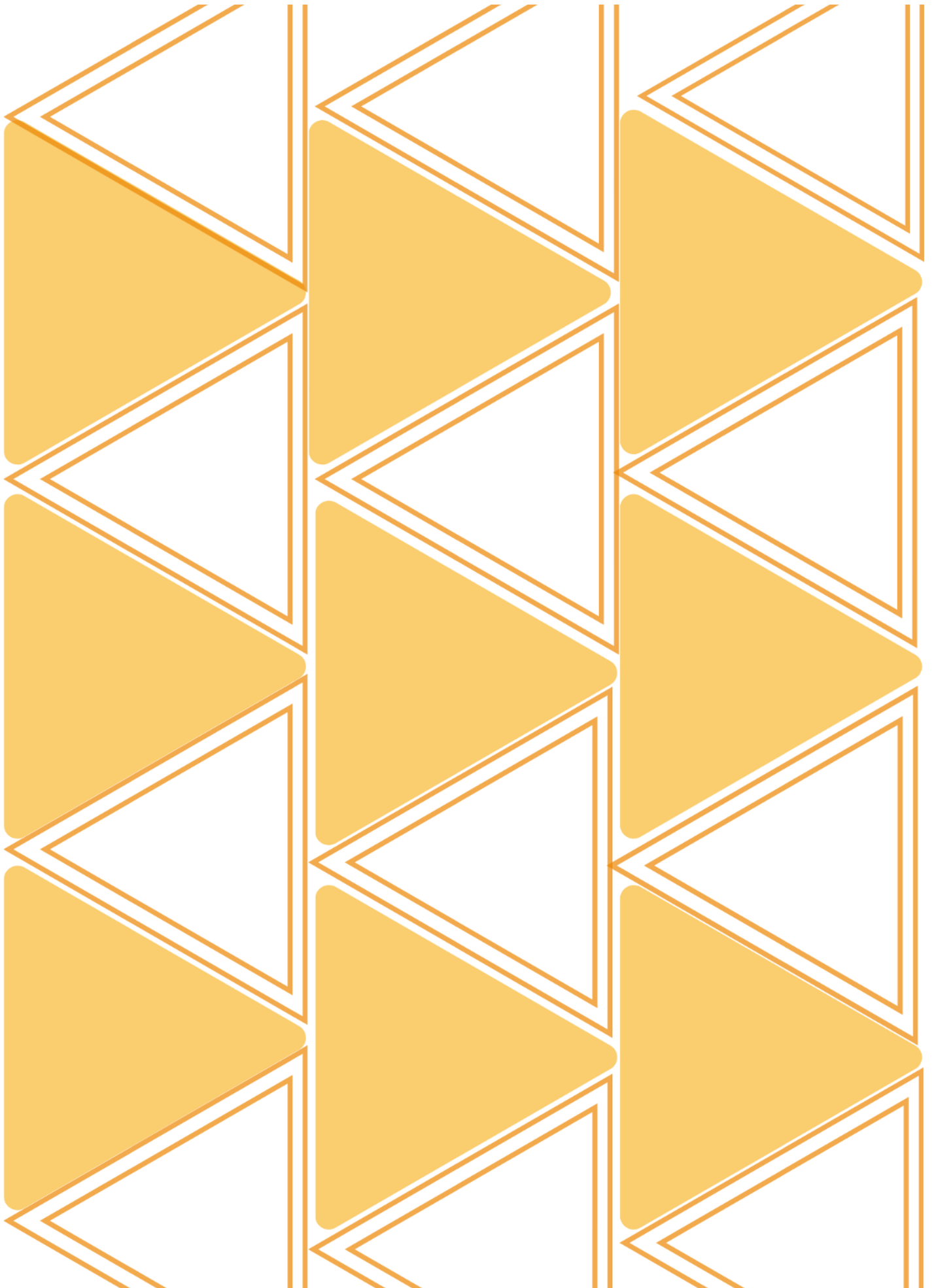
The following pages contain the background for your creative masterpiece.













Would you like to learn more?



There are many resources available to learn about the negative health effects of vaping, how to connect with other teens who are taking a stand against vaping and how to live a vape-free life. Check them out below!

AKLIVEVAPEFREE.COM

AK LIVE VAPE FREE TEEN TEXTING PROGRAM

(FOR TEENS AGES 13-17)

Text **VAPEFREE** to **873373** to join an interactive texting program that helps you learn about vaping and get support to quit. The texts include facts, inspiration, videos, quizzes, activities and texting with a quit coach.

NOTBUYINGITAK.COM

TRUTHINITIATIVE.ORG

TOBACCOFREEKIDS.ORG

SMOKEFREETEEN.GOV

About the Book

This educational workbook is perfect for youth, parents/caregivers and educators. It discusses the harmful effects vaping has on the body, as well as incorporating positive messages, activities and breathing exercises to help support a healthy lifestyle.

The hope for this book is that it is used as a fun educational tool/resource, either independently or as part of a lesson plan, that continues the work of lowering the vaping rates among Alaska's youth.

About the Author/Illustrator

Shelby was born and raised in Soldotna, Alaska. When she's not educating youth on the harmful effects of tobacco, you will usually find her outside running, baking, being entertained by her animals or working on creative projects.

