

YOU CAN LABEL ME

Going tobacco free can be tough! Even though it might be difficult at times, it's important to stay positive. Check out the "Label Me" section in the Study Hall at www.makeapact.ca to highlight the positive points about yourself. Start enjoying the new tobacco-free you!

ON-LINE RESOURCES :

RESOURCE	DESCRIPTION
Break It Off (www.breakitoff.ca)	Focuses on older youth trying to quit smoking. Different approach as they look at quitting smoking as breaking off a relationship.
Know Tobacco: Think, Learn, Live www.gotlungs.ca The Lung Association of Saskatchewan	Lung Association of Saskatchewan resources which were developed to coincide with Saskatchewan's Health Education Curricula.
PACT (www.makeapact.ca)	Saskatchewan based resource for individuals wanting to quit tobacco, and health care providers wanting to assist their patients to quit, and TAR resources for Aboriginal patients wanting to quit. Visit the "Study Hall" section for resources specific to youth.
Quit 4 Life (www.quit4life.com)	Health Canada resource which contains interactive tools (such as a cost calculator) and resources.
QuitNow (www.quitnow.ca)	An on-line support community where tobacco users can access tools, speak with a Care Coach, or receive motivational text messages to assist with quitting tobacco.
Smoke Stream (www.smokestream.ca)	Saskatchewan based resource that provides youth the opportunity to express their opinion about tobacco.
Above the Influence (www.abovetheinfluence.com)	Focuses on educating youth about drug use such as marijuana (tobacco is not included on this website).