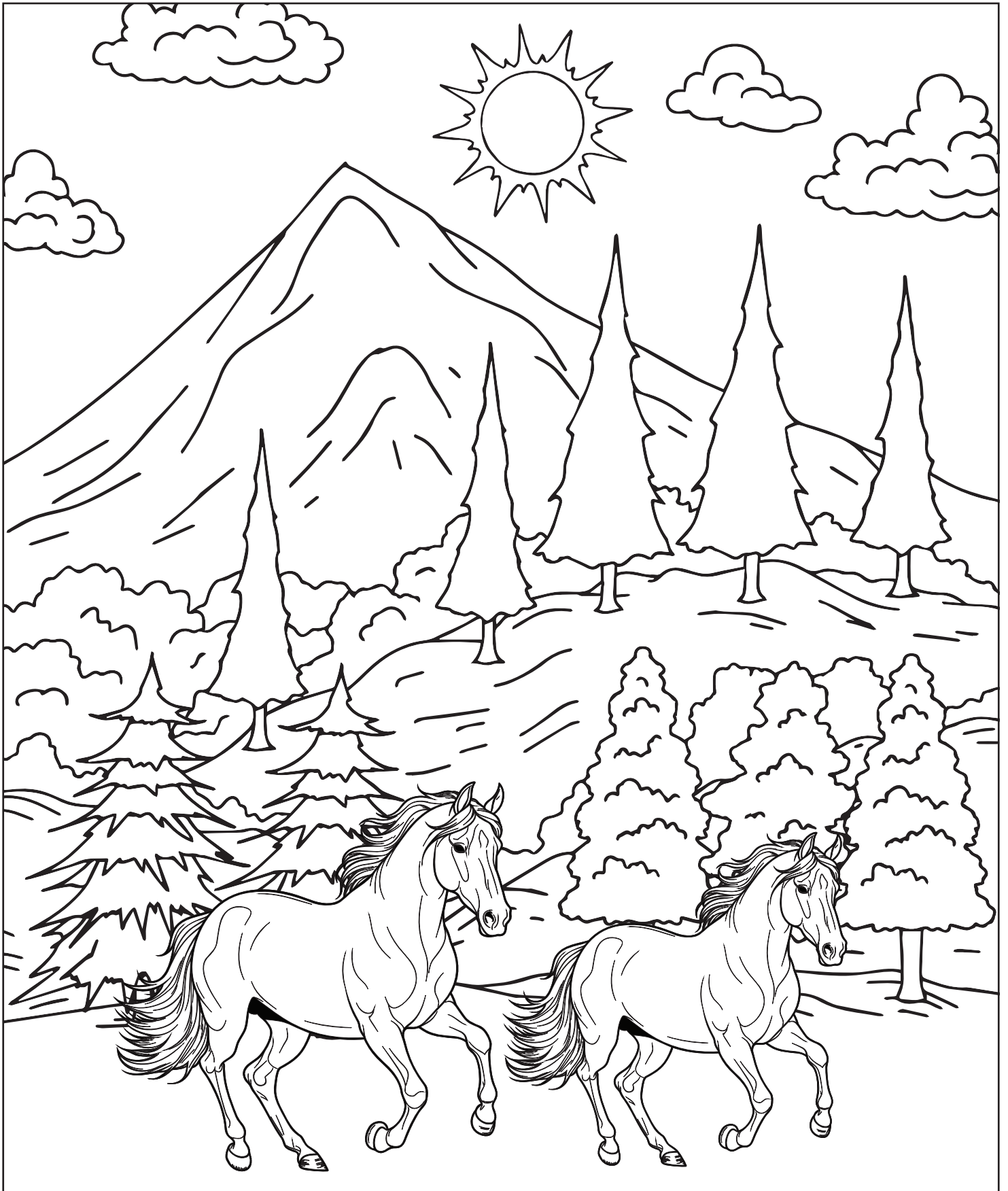


WE ARE RESILIENT. STOP THE SMOKE.

Learn how to quit at HonorEveryBreath.org.





Čanšaša is Sacred

Used in prayer, ceremony, and offering, čanšaša (red willow bark) is a traditional Native plant. It is not the same as commercial tobacco — it is natural, respectful, and not harmful.

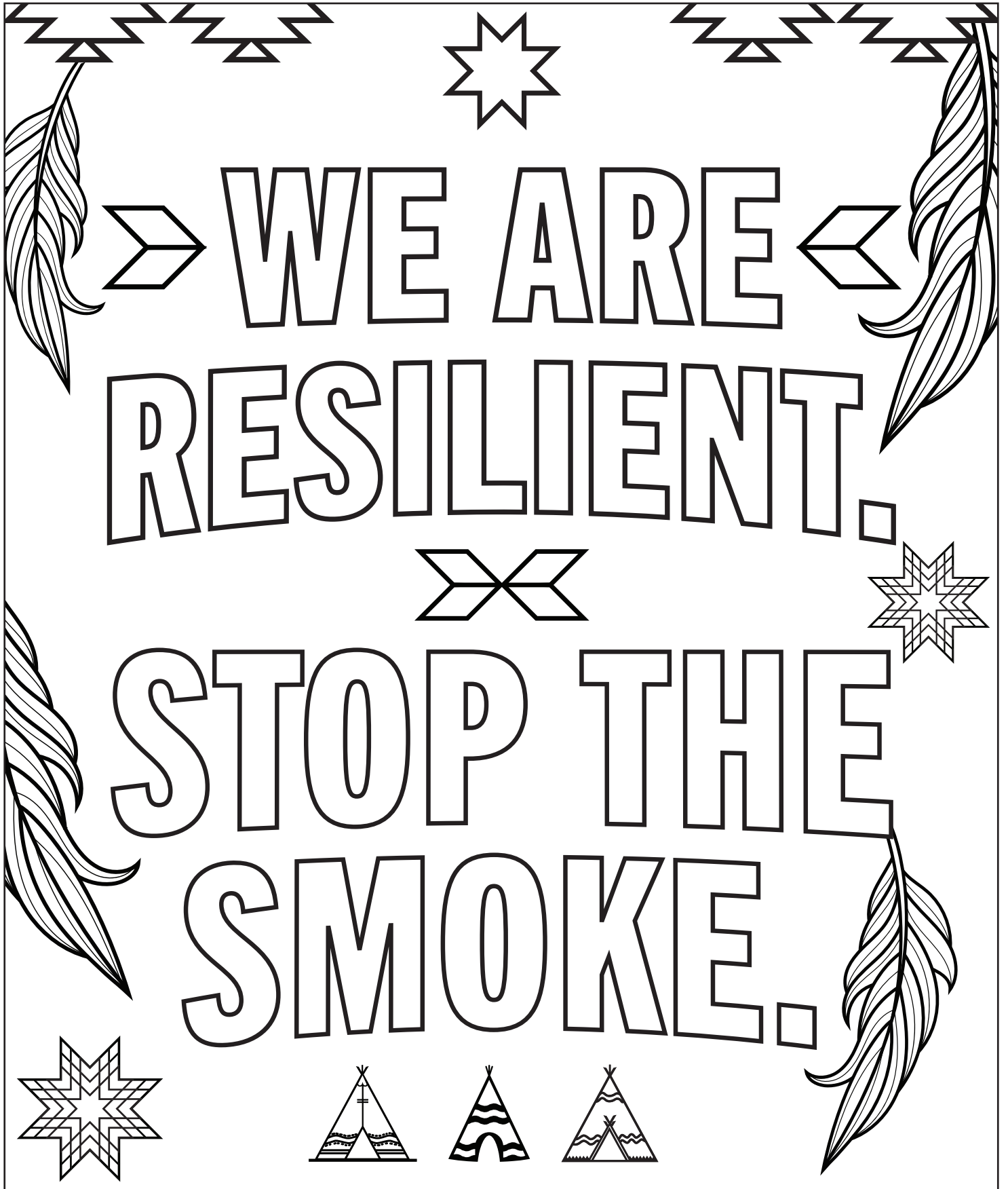
◀ **Commercial Tobacco Harms Our Traditions.**



HONOR OUR HEALTH.

Keep tobacco sacred. Learn more at HonorEveryBreath.org.







WE ARE STRONG!

Like the waŋblí — eagle — we are strong and brave.

We can stay away from commercial tobacco and be proud of our strength to overcome.



Want to learn the difference between traditional tobacco and commercial tobacco?
Learn more by scanning the QR code.



Learn how to quit commercial tobacco at HonorEveryBreath.org.

Paid for by the South Dakota Department of Health.

Source: Aktá Lakota Museum & Cultural Center and Tribal Traditions of the Lakota Sioux

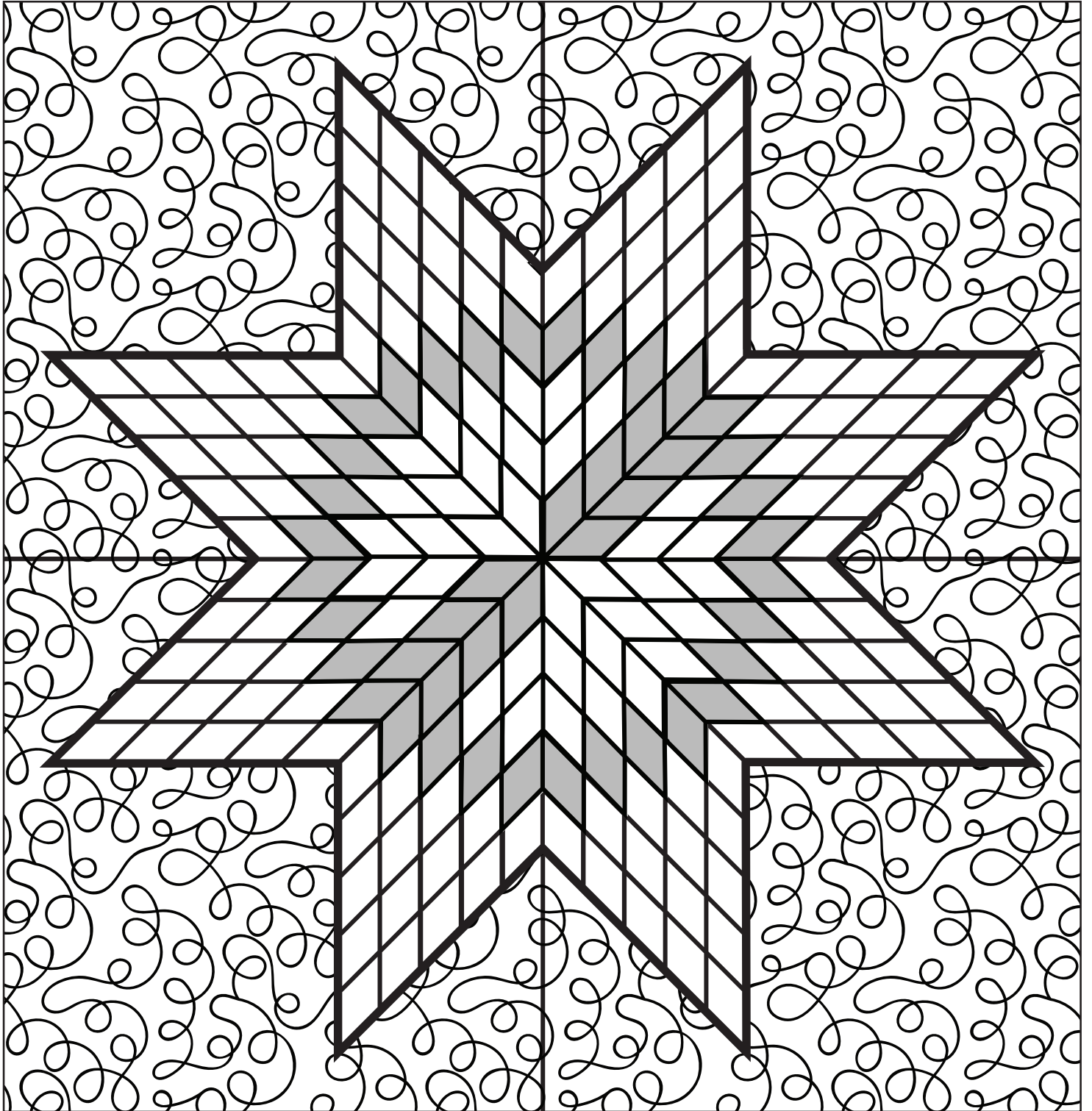




HONOR OUR HEALTH

Receiving a star quilt, *wicháŋpi owínža*, in Lakota culture is a symbol of honor and respect.

Standing up for our health is honorable. Imagine you quit commercial tobacco and choose the colors for your star quilt that marks the accomplishment.



Learn how to quit commercial tobacco at HonorEveryBreath.org.

Paid for by the South Dakota Department of Health.

Source: Aktá Lakota Museum & Cultural Center and Tribal Traditions of the Lakota Sioux

