PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Youth Bronze Plus Blast

Have you used tobacco products in the last 30 days? (This includes cigarettes, cigarillos, pipes, cigars, chew, tobacco, snus, waterpipes, and betelnut).

Ask

No

'Congratulations for making a wise decision to protect your health"

Encourage youth to fil out a **Label Me Pledge Form**, pledging to remain tobacco free and document on file or chart.

Have you ever tried even one puff? Or some chew?

Ask — Yes — Advise

You might not have used tobacco long enough to feel addicted, but your chance of getting hooked is greater with each cigarette (chew). I strongly encourage you to quit now, before it becomes more difficult and starts to have an effect on your health, appearance, fitness and finances. I can help you succeed at quitting for good.

Yes

How many cigarettes per day (or week) do you smoke?

How many times per day (or week) do you chew?

Ask — Advise

Quitting tobacco is great for your health, appearance, fitness and finances. I can help you succeed at quitting for good.

Provide with pledge form & re-check tobacco use status at each visit.

Provide with other documents from the Label Me Booklet and links to youth websites.

Enroll in PACT program and encourage youth to contact you any time if they need support to quit, or stay tobacco free.