

Information about Smoking & Spit Tobacco

Nicotine Addiction and Other Dangers of Tobacco Use

<http://www.smoking.drugabuse.gov/>

Tips for Teens about Smoking

<http://www.qweb.org/Ext/CDCTips.htm>

The Facts about smoking

http://www.smoking-cessation.org/facts_about_smoking.asp

Spit tobacco information

http://www.kidshealth.org/teen/drug_alcohol/tobacco/smokeless.html

http://www.tobaccofacts.org/tob_truth/spit.html

<http://www.health.gov.sk.ca/smokeless-tobacco-facts>

Children Helping and Motivating Parents to Stop Smoking

<http://www.champss.org> Children Helping and Motivating Parents to Stop Smoking (CHAMPSS) is run by The Campaign for Tobacco Free Kids and strives to provide youth with tools to help their parents quit using tobacco. Resources include, motivating facts, how to handle a relapse, and how to support a parent through a quit attempts.

History of Tobacco

http://www.tobacco.org/History/Tobacco_History.html