Drinking alcohol or taking drugs while you are pregnant or breastfeeding may also cause your baby to suffer from:

- Drug addiction
- Sudden infant death syndrome (SIDS)
- Attention and/or learning difficulties
- Facial abnormalities
- Damaged organs and limbs

**Tobacco and the law**

Federal and state laws make it an offence to sell or supply tobacco products to people under 18 years of age. It is also illegal for anyone under 18 years to purchase tobacco products.

There are laws and regulations that restrict smoking in public areas such as shopping centres, cafes and workplaces. It’s also illegal to smoke in cars with children.

If you, a family member, or a friend want ‘Help and support’ turn to the back page.

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**Help and support**

**DirectLine**  
Tel: 1800 888 236  
24 hours, 7 days a week  
Confidential AOD counselling and referral line

**Family Drug Help**  
Tel: 1300 660 068  
Monday to Friday 9am-9pm

**Youth Support & Advocacy Service**  
Tel: 1800 014 446  
24 hour toll free service  
Service for people aged 12 – 21 years

**Turning Point Alcohol & Drug Centre**  
Tel: 03 8413 8413

**Victorian Aboriginal Legal Service**  
Freecall: 1800 064 865

**Harm Reduction Victoria**  
Tel: 03 9329 1500

**Australian Drug Foundation**  
www.druginfo.adf.org.au

**Victorian Aboriginal Community Controlled Health Organisation**  
Tel: 03 9411 9411  
www.vaccho.org.au

Read more about other drugs within your community in the *Healthy Spirit, Healthy Community* booklet, available at vaccho.org.au.

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A guide to tobacco within our community

**Healthy Spirit, Healthy Community**
Tobacco

Street names
Ciggies, darts, durries, rollies, smokes, fags, butts, cancer sticks.

Effects of tobacco
Tobacco affects everyone differently, but you may experience:
- Feeling more alert, happy and relaxed
- Bad breath
- Yellow finger tips
- Dizziness
- Reduced appetite
- Stomach cramps and vomiting
- Fast heart beat
- Tingling or numbness in fingers and toes
- Headaches
- Coughing

If you smoke a lot of tobacco, you may also experience:
- Confusion
- Feeling faint
- Seizures
- Fast breathing
- Respiratory arrest (stop breathing) and death

Long term effects
If you regularly smoke tobacco, it may cause:
- Shortness of breath
- Coughing fits, asthma and lung diseases
- Regular colds or flu
- Loss of taste and smell
- Yellow, rotting teeth
- Early wrinkles
- Back pain
- Slower-healing wounds
- Mood swings

Symptoms include:
- Cravings for a cigarette
- Irritability, anxiety and depression
- Restless sleep
- Eating more and putting on weight
- Trouble concentrating
- Headaches
- Coughing and sore throat
- Aches and pains
- Upset stomach and bowels

You may still crave a cigarette for months and years after giving up so it's important to ask for help. You can also contact your local Aboriginal Community Controlled Health Organisation to speak to a doctor or Aboriginal Health Worker to find out what options you have available.

Statistics
Aboriginal and Torres Strait Islander people are more likely to smoke tobacco, with almost half being current smokers – more than double the rate of non-Aboriginal Australians.

Between 2002 and 2008, the proportion of Aboriginal and Torres Strait Islander people who were current smokers decreased from 51 per cent to 47 per cent.

Pregnancy and breastfeeding
Having a baby is a time of great change. If you are thinking about having a baby, pregnant or breastfeeding, it’s important to consider the types of drugs you might be taking and how they could affect your baby. This is important because alcohol and other drugs you take will reach your baby while you are pregnant and breastfeeding.

Drinking alcohol or taking drugs while you are pregnant could cause:
- Miscarriage
- Going into labour early
- Low birth weight