

For Immediate Release | Oct. 16, 2023

Calling young artists to join tobacco and vaping poster contest

IH WIDE – Interior Health is asking young artists to share their thoughts and experience in Interior Health's second Tobacco and Vaping Poster Contest for a chance to win \$150.

Young people are the experts when it comes to understanding why youth use tobacco and vape, and how smoking/tobacco and vaping impacts them and their friends, family, school and community – it's important to hear their voices and views.

Contest Details:

Youth in Grades 8 to 12 living in the Interior Health region are invited to participate in the Take a Breath: Teen Voices on Tobacco and Vaping poster contest. Aspiring artists may create and submit an original artwork that shares a message about the impact of youth tobacco use, smoking and vaping in one of five contest themes:

- The importance of ceremonial tobacco for Indigenous traditions, and how it differs from everyday (commercial) tobacco use (open to Indigenous youth only)
- Important facts about smoking/tobacco, cannabis and vaping products
- Tobacco and vaping companies' strategies to promote use
- Impact of smoking/tobacco, cannabis and vaping on my life
- Environmental impact of smoking/tobacco and vaping

A winning poster will be chosen for each of the five themes. The successful artists will be awarded \$150 in the form of an appropriate gift card of the winner's choosing. The winning posters will be professionally printed and displayed in Interior Health hospitals and health-care centres, as well as on social media and the IH website.

The contest is underway now, with entries due by 11:59 p.m. on Dec. 1 2023. The winners will be announced during the week of Jan. 15, 2023 – National Non-Smoking Week.

For more information about the contest and how to enter, visit interiorhealth.ca/takeabreath.

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