

# Take a Breath: Teen Voices on Tobacco, Cannabis & Vaping

## Poster Contest – Frequently Asked Questions: *Supporting Youth*

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### Q: What is Take a Breath: Teen Voices on Tobacco, Cannabis & Vaping Poster Contest?

**A:** We are looking for original artwork that shares a message about the impact of youth smoking tobacco, cannabis and vaping, inspired by one of the following themes:

- The importance of ceremonial tobacco for Indigenous traditions, and how it differs from everyday (commercial) tobacco use (*must identify as Indigenous to submit entry to this theme*)
- Important facts about smoking tobacco, cannabis and/or vaping products
- Tobacco and vaping companies' strategies to promote use
- Impact of smoking tobacco or cannabis and/or vaping on my life
- Environmental impact of smoking/tobacco and vaping

### Q: Why would I want to participate?

**A:** You know better than adults about youth smoking/tobacco, cannabis use and vaping. It is important to hear your voice and share your views on how tobacco, cannabis and/or vaping impacts you and your friends, family, school and community. Plus, you can win a prize up to a value of \$150!

### Q: Am I eligible to participate?

**A:** If you live in the [Interior Health region](#) and are a youth in Grades 8-12, you are eligible to submit an original piece of artwork in a poster format.

**All entries must be submitted by 11:59 p.m. PST on Dec. 15, 2023.**

### Q: What type of artwork can I submit?

**A:** All art submitted must be original and created by the person making the submission. Artists may submit one entry per contest theme. Artwork must be a poster submission; drawn, painted, or digital illustration, or infographic. Each entry shall be no more than one page in length, between 8.5 x 11 and 11 x 17 inches in size. Digital submissions should be a PDF Print Quality version.

### Q: How do I submit my artwork?

**A:** Artwork along with an entry form can be submitted in two ways:

#### Original artwork can be mailed to:

Interior Health – Population Health  
Tobacco and Vapour Reduction  
1440 14th Ave.  
Vernon, B.C. V1B 2T1

#### Digital entries can be emailed to:

[tobaccoandvape@interiorhealth.ca](mailto:tobaccoandvape@interiorhealth.ca)

### Q: How will the posters be judged?

**A:** Each poster submitted will be evaluated by a panel of peer judges who will evaluate poster submissions on the following criteria: 1) Scientific Content; 2) Impact & Persuasiveness; 3) Creativity; and 4) Presentation.

### Q: When will the winners be announced?

**A:** Winners will be announced during the week of Jan. 14, 2024. All winners will be notified by the phone number and/or email provided on your entry form. Schools will also be notified of winners. Interior Health may announce winners in a news release, on their website, and on social media.

**Q: What are the prizes for the winners?**

**A:** A winning poster will be chosen for each of the five themes. The successful artist will be awarded \$150 in the form of an appropriate gift card of the winner's choosing.

**Q: How will my winning artwork be used by Interior Health?**

**A:** The winning posters will be professionally printed and the successful artists will receive a copy. You will retain the copyright to your work but agree that it may be used by Interior Health in the promotion of national, regional, and local smoking tobacco, cannabis and vaping awareness campaigns, and be featured in schools, community settings, and on Interior Health's social media platforms, website, and hospitals and health-care centres.

**Q: Where can I find more information? What if I have additional questions?**

**A: For more information, visit: [interiorhealth.ca/takeabreath](https://interiorhealth.ca/takeabreath)**