

Beyond the Buzz

Youth Voices on Substance Use

2025-2026 Winner



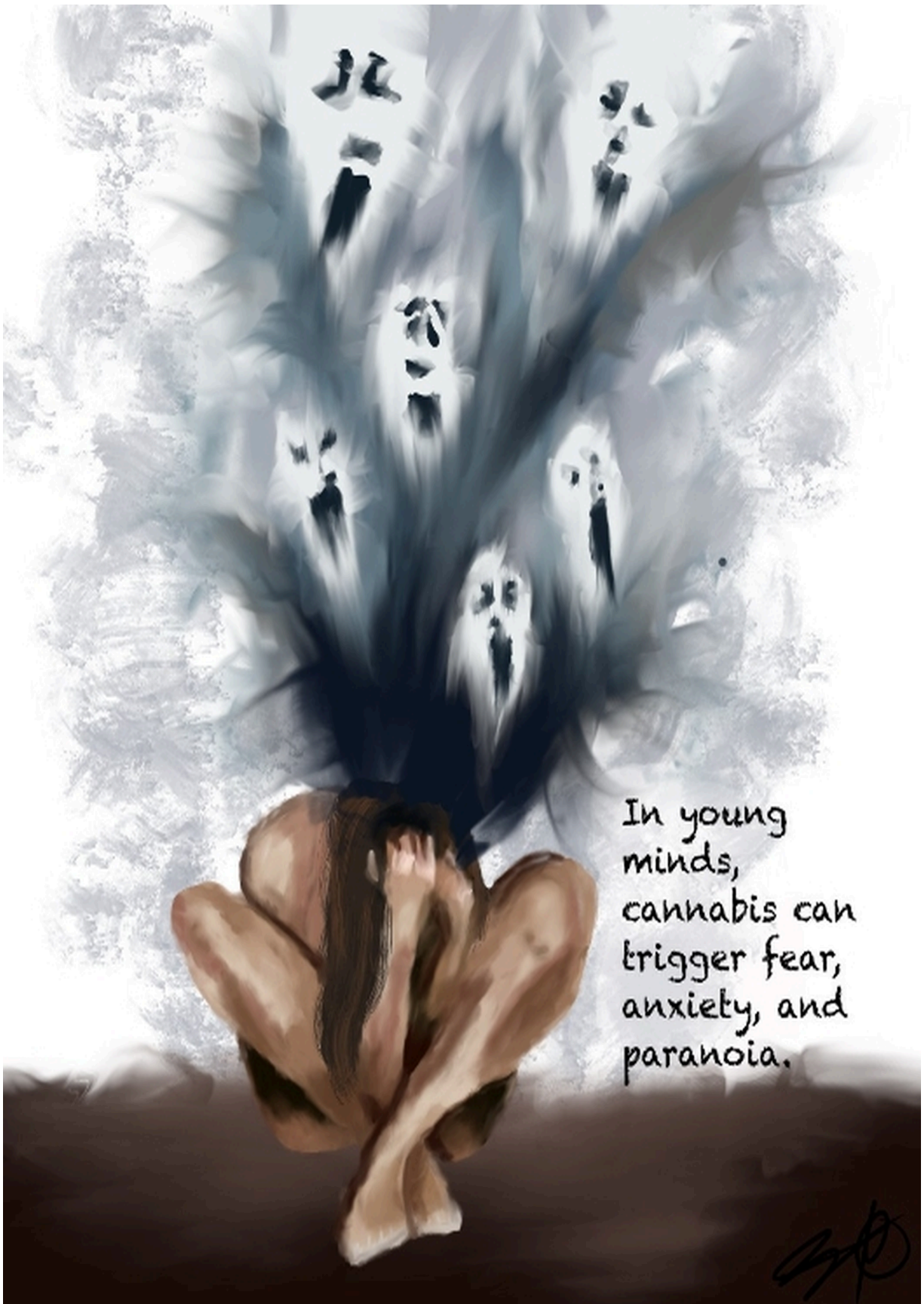
Interior Health



Scan here

for more youth
resources and
information on
substance use





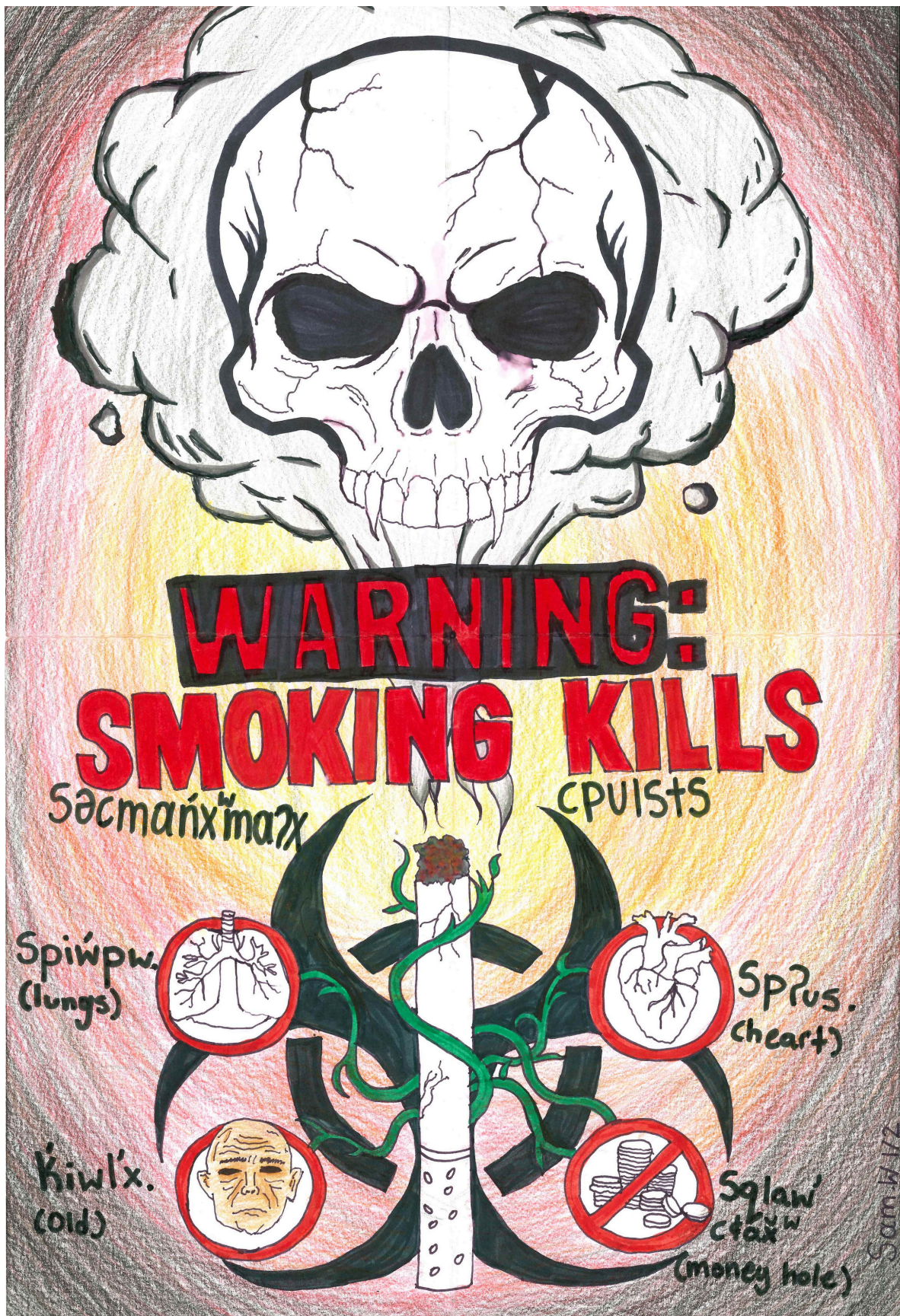
In young
minds,
cannabis can
trigger fear,
anxiety, and
paranoia.

Beyond the Buzz
Youth Voices on Substance Use
2025-2026 Winner



Scan here
for more youth
resources and
information on
substance use





Beyond the Buzz

Youth Voices on Substance Use

2025-2026 Winner



Interior Health



Scan here

for more youth
resources and
information on
substance use





Beyond the Buzz
Youth Voices on Substance Use
2025-2026 Winner



Scan here
for more youth
resources and
information on
substance use



Don't drink, don't sink - choose the future, stop and think.

Alcohol harms the body even in small amounts.
It damages the brain and liver and makes you tired.
Staying alcohol-free keeps you fit and focused.

Teenagers are especially at risk because their bodies are still developing. Alcohol can hurt school performance, sports, and friendships. That's why staying clear is the smarter choice.



Beyond the Buzz
Youth Voices on Substance Use
2025-2026 Winner



Scan here
for more youth
resources and
information on
substance use





Beyond the Buzz
 Youth Voices on Substance Use
 2025-2026 Winner



Scan here
 for more youth
 resources and
 information on
 substance use



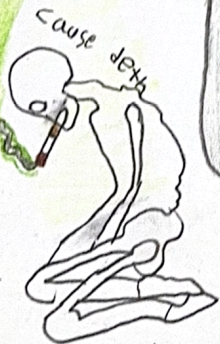
Is it really worth it... Think about it
craving is temporary damage is permanent

Drop the ash, keep your cash

Smoking can lead to

- memory loss
- depression
- death
- cancer
- diseases
- and more

Why pay for a cancer stick?



Quit the haze extend your days



8 million people die each year to smoking

Approximately 1.3 billion people smoke around the world

thats too much

If you smoke it's a joke
be smart don't start



TB

Beyond the Buzz

Youth Voices on Substance Use

2025-2026 Winner



Interior Health



Scan here

for more youth
resources and
information on
substance use



