

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?

cause death



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



**Beyond the Buzz**

Youth Voices on Substance Use

2025-2026 Winner



Interior Health



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for more youth  
resources and  
information on  
substance use

