

Is it really worth it... Think about it

craving is temporary damage is permanent

Drop the ash, keep your cash

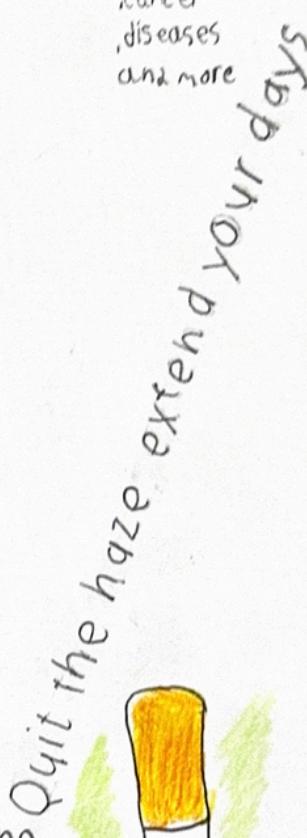
smoking can lead to  
memory loss  
depression  
death  
cancer  
diseases  
and more

Why pay for a cancer stick?



8 million people die each year to smoking

Approximately 1.3 billion people smoke around the world



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



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**Beyond the Buzz**

Youth Voices on Substance Use  
2025-2026 Winner

Interior Health



**Scan here**  
for more youth resources and information on substance use

