

# Take a Breath: Teen Voices on Tobacco & Vaping

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

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

**A:** We are looking for original artwork that shares a message about the impact of youth smoking/tobacco 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
- Important facts about smoking/tobacco and vaping products
- Tobacco and vaping companies' strategies to promote use
- Impact of smoking/tobacco and 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 use and vaping. It is important to hear your voice and share your views on how tobacco 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 Nov. 15, 2022.**

### 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. 15, 2023. 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 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)**