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DON'T BUY THE LIE CONTEST

CALLING ALL 6TH-12TH GRADERS IN
PLACER, SACRAMENTO, AND YOLO COUNTY

WIN PRIZES UP TO \$500!

Express how tobacco, vaping, or marijuana has impacted you, your loved ones, or your community through art, music, videos, or writing.

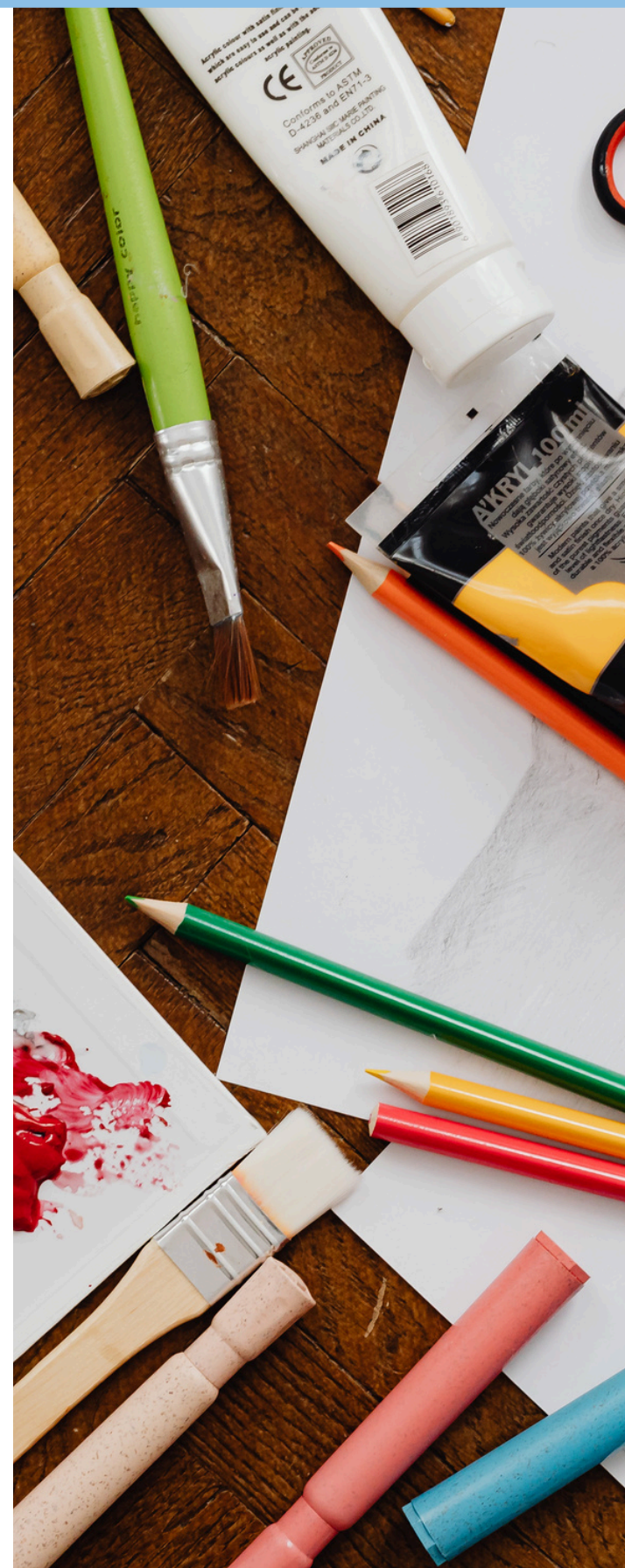
Check out our videos at

https://linktr.ee/hec_wellnessed to learn more.

**DEADLINE FOR SUBMISSION IS
FRI, MARCH 7TH, 2025**

For more information, contact Linh Vo, Program Coordinator, at
mvo@healthedcouncil.org

The project is supported by Kaiser Permanente Northern California Community Benefit Programs.



DON'T BUY THE LIE CONTEST

The "Don't Buy the Lie" contest aims to uncover the dangers of deceptive tobacco marketing aimed at specific communities and educate youth on the effects of vaping, e-cigarettes and marijuana. We want future generations committing to be smoke-free!

ALL ENTRIES MUST BE SUBMITTED ONLINE BY FRI, MARCH 7TH, 2025

Prizes

There are 4 categories where there will be prizes up to \$500:

- Dances, skits, or music (in video format)
- Digital art
- Handmade art (sketch, painting, mixed media, etc.)
- Song lyrics, spoken word or poetry (in written format)

How to enter

1. Go on our website: <https://bit.ly/hec-dbtl-contest>
2. Create your artwork after reading our DBTL Judging Criteria guidelines to respond to the prompt:
 - a. **How do the consequences of tobacco, vaping and/ or marijuana affect you and your peers personally?**
3. Attend a Zoom info session to get a chance to win a \$25 gift card OR watch the videos provided by Health Education Council about the lies of tobacco, vaping and marijuana companies.
4. Submit your creation! You will upload your file and a signed waiver.

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