

# DON'T BUY THE LIE

CALLING ALL  
6<sup>TH</sup> - 12<sup>TH</sup> GRADERS



ART CONTEST

IN SACRAMENTO, YOLO, AND PLACER COUNTIES

Use your creativity to show how tobacco, vaping, or marijuana has affected you, your family, or your community.

WIN PRIZES IN EACH CATEGORY:

- Video
- Digital Art
- Handmade Art
- Writing



Learn more at:

[linktr.ee/hec\\_wellnessed](https://linktr.ee/hec_wellnessed)

DEADLINE IS FRI, MARCH 6<sup>TH</sup>, 2026

For more information, contact Linh Vo at  
[mvo@healtheducouncil.org](mailto:mvo@healtheducouncil.org)

WIN UP TO  
**\$500**



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

# DON'T BUY THE LIE

The "Don't Buy the Lie" art contest uncovers the dangers of deceptive tobacco marketing and educates youth on the effects of vaping, e-cigarettes and marijuana. We want future generations committed to being smoke-free!

**ALL ENTRIES MUST BE SUBMITTED ONLINE BY FRI, MARCH 6TH, 2026**

## Prizes

There are 4 categories and each category offers prizes up to \$500:

1. Video (dances, skits, music, etc.)
2. Digital art
3. Handmade art (sketching, painting, mixed media, etc.)
4. Writing (song lyrics, spoken word or poetry)



## How to enter

1. Go to our website: [https://linktr.ee/hec\\_wellnessed](https://linktr.ee/hec_wellnessed)
2. Watch the videos provided by Health Education Council about the lies of tobacco, vaping and marijuana companies.
3. 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?**
4. Submit your creation! You will upload your file and a signed waiver.

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