

#smokefree
#vapefree
#healthy me

**SAFE TOBACCO AND
NICOTINE TASK FORCE
PRESENTS....**

E-Liquid E-Cigarettes

**1st Annual Tobacco and Nicotine
Prevention Poster Contest**

CONTEST OVERVIEW:

The 2016 smoking prevention poster contest is open to students in grades 6-10 who attend Chesterfield County Public Schools. The topic for the contest is Electronic Nicotine Delivery Systems or ENDS (see attached fact sheets).

Participants will be grouped by grade, and 1st, 2nd, 3rd place and honorable mention winners will be invited to attend a reception in their honor on March 16, 2016 at 5:30pm!

DEADLINE FOR ENTRY:

FEBRUARY 29, 2016 AT 5PM!

Submit entries to your Health and PE Teacher.

For contest rules and guidelines:

- See your Health/PE teacher -OR-
- go to www.chesterfieldsafe.org -OR-
 - Call 804-796-7100



Sponsored by: SAFE, Chesterfield County Mental Health Support Services, Chesterfield County 4-H Youth Development, Chesterfield County Police Department, Chesterfield County Public Schools and Chesterfield County—Colonial Heights Health Department.

Contest Rules:

Poster Criteria:

Students will create an original poster reflecting why using Electronic Nicotine Delivery Systems (ENDS) are not a replacement for regular tobacco products. Student can also creatively express why the use of ENDS is just as harmful to the body as traditional tobacco and nicotine products (cigarettes, cigarillos, chewing tobacco, pipes etc). The poster should have a positive message, as well as include ways that smoking impacts a youth's life. **REMEMBER: NO BRAND NAMES SHOULD BE USED IN YOUR POSTER!**

All posters should meet the minimum standards:

- Paper size: 8 1/2 by 11 inches minimum and 11 by 17 inches maximum
- Posters must be created by hand (paint, crayon, pen etc.)
- No computer generated submissions will be considered (including clip art).
- Text may be included, but it must be clear and readable. Check your spelling!
- Do not use glitter
- Do not use metallic pens or markers
- The use of celebrities, cartoons, video game characters or movie/TV characters is not allowed
- The name and grade of the artist must be printed neatly on the back of the poster
- Do not sign the front of the poster
- A completed registration form must be taped to the back of the poster being entered
- Only 1 entry per youth will be accepted

Deadline

Posters should be submitted to your Health/PE Teacher by Monday February 29, 2016. **Late submissions will not be accepted!** For more information, visit www.chesterfieldsafe.org or call 804-796-7100.

Prizes

Prizes will be given for each age category. Age categories are as follows:

- 6th-8th grades
- 9th-10th grades

Selected Posters will be featured on the SAFE Website Monthly!

2016 SAFE Tobacco and Nicotine Taskforce Poster Contest Entry Form



A registration form must be completed for each youth who submits an entry in the 2016 SAFE Tobacco and Nicotine Taskforce Poster Contest. The form must be attached to the back of the poster. This is the only way the Taskforce will be able to contact the participants. ***The deadline to submit is Monday, February 29, 2016.***

1. Last Name _____ First Name _____

2. Address _____

Number

Street

Apt.

City

State

Zip code

3. Phone (_____) _____

4. School _____

5. Grade _____

6. PE/Health Teacher: _____

7. How did you find out about the contest?

8. All posters submitted for consideration in the Contest become property of the SAFE Tobacco and Nicotine Taskforce and may be reproduced at the discretion of the Taskforce. Do you agree?

Yes No Initials:

9. Parent or guardian consent to participate and be photographed: Initials:

I give permission for my child to participate and/or be photographed.

I DO NOT give permission for my child to participate and/ or be photographed.

10. I am available to attend the Awards Ceremony on March 16, 2016 at 5:30pm at the Career and Technical Center at Hull (The old Clover Hill High School).

I WILL be able to attend.

I WILL NOT be able to attend.

Electronic Nicotine Delivery System(ENDS) Facts:

Myth: Everyone Vapes.

Fact: Approximately 1 out of every 10 high school students in Virginia has recently tried smoking a vapor product, such as an e-cigarette. This means 9 out of 10 high school students have remained vape-free.

Myth: "Vaping" is just harmless water vapor.

Fact: The vapor contains chemicals that are known to be harmful to humans; these 10 cancer-causing agents include lithium, formaldehyde, cadmium, rubidium, fluorine, benzopyrene . Some of these are the same cancer-causing chemicals that are found in regular cigarettes. Research by the Food and Drug Administration found that some e-cigarettes contain diethylene glycol, an ingredient used in antifreeze. This vapor not only is harmful to the user of the e-cigarette, but can cause harm to unborn babies and is a source of indoor air pollution.

Myth: Using e-cigarettes is safe.

Fact: Nicotine is lethal in high doses and poisonous if mishandled, ingested, or absorbed through the skin. It is also known to cause birth defects during pregnancy and affects the developing brain. United States poison control centers have reported skyrocketing adverse exposures from e-cigarettes and liquid nicotine since 2011; half of those calls were regarding children ages 5 and under. Additionally, e-cigarettes are not regulated by the Food and Drug Administration, so the purity of the devices is unknown; there are no standards for product manufacturing, so nicotine levels can vary widely by brand. Since e-cigarettes are a newer product, the long-term health effects are still unknown.

Myth: E-cigarettes don't have nicotine.

Fact: E-cigarettes are considered an Electronic Nicotine Delivery System product which is a battery operated device that generally contains cartridges with nicotine, flavor, and other chemicals. This device turns nicotine and the other chemicals into a vapor which is inhaled. The majority of e-cigarettes contain nicotine, and research has shown that nicotine is still detected in e-cigarettes that are advertised to be nicotine-free.



Electronic Nicotine Delivery System(ENDS) Facts (cont.):

Myth: Quitting e-cigarettes is easy.

Fact: Nicotine is a highly addictive chemical, making it hard to quit smoking and vaping. Some people who choose to use e-cigarettes as a smoking-cessation option often find themselves addicted to both cigarettes and e-cigarettes, due to the addictive nature of nicotine. Electronic Nicotine Delivery Systems are not an FDA-approved quit aid. Nicotine Replacement Therapies are FDA-approved and can help with making a successful quit attempt. Smoking-cessation claims and testimonials made by e-cigarette companies are in fact illegal.

Myth: Flavors used in e-cigarettes will not hurt me.

Fact: While the flavorings found in e-cigarettes are safe to consume, inhaling them may be harmful. Some of the flavors have even been shown to be toxic.

Myth: It does not matter if my friends are vaping around me.

Fact: Studies have shown that secondhand aerosol is not harmless, and exposes bystanders to exhaled chemicals, including nicotine and cancer-causing agents. In fact, 53% of emissions from an e-cigarette are not deposited in the user's lungs, but are exhaled. Vapor emitted from e-cigarettes can be an irritant to non-smoking/non-vaping people, much like that of traditional cigarettes.

