

a smoke-free generation

# video contest



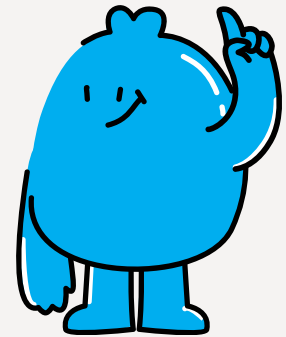
Help us uncover the myths, marketing tricks, or hidden harms of vaping and smoking

Help BC Lung protect the next generation of youth by creating a video and using your voice and creativity to shine a light on what's really going on and help others make informed choices.

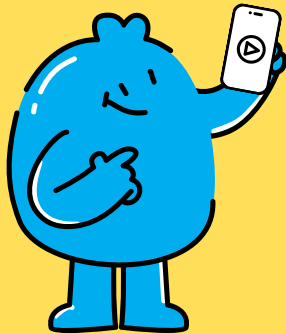
deadline:  
may 25, 2026

**1.  
plan  
your  
message.**

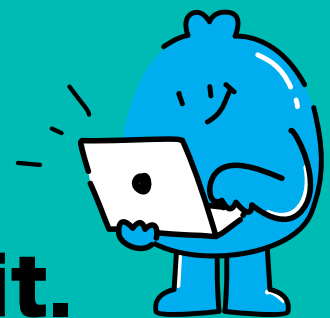
Help us uncover  
myths, marketing  
tricks, or hidden  
harms of vaping  
and smoking



**2.  
create  
your  
video.**



**3.  
edit  
and  
submit.**



See contest details at  
[bclung.ca/videocontest](http://bclung.ca/videocontest)

or scan the  
QR code!

