

Smoke and Vape-free Poster Workshop

The Smoke and Vape-free Poster Workshop is most popular amongst the youth priority group.

Starting with a brain storming activity, participants come up with their own smoke and vape-free messaging. They then have creative freedom to reflect this messaging onto a poster.

After the session, various poster concepts are combined and designed into a digital poster. Both physical and digital versions are handed back to participants to display and champion in their shared spaces.



DON'T PICK UP THE VAPE. YOU WON'T ESCAPE.

Vapes contain nicotine, making them highly addictive

The nicotine in one vape can = 50 cigarettes

Vape aerosol is not water vapour

Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray

LAPA DIVAS 2022

NA JOOMELAH Tackling Indigenous Smoking

CONTACT THE KOORI QUILINE TODAY - 13 78 48

DROP THE JOOMS

Cigarettes contain nicotine, making them highly addictive

Pack-a-day smokers spend \$15,000 on cigarettes every year

Smoking causes 20% of all lung cancer

Tobacco smoke and nicotine harm both mother and baby during pregnancy

The life expectancy of a smoker is 10 years less than a non-smoker

Tobacco is the leading cause of preventable death in our communities

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WHAT DID YOU THINK WOULD HAPPEN?

SOUTH SYDNEY HIGH SCHOOL 2022

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LIFE GETS SHORTER WITH EVERY DRAW!

Smoking and vaping impacts everyone. Minimise the harms of second-hand exposure by:

- Make your car and home smoke-free environments**
- Isolate yourself outside and away from others when smoking or vaping**
- Change when smoking or vaping to avoid smoke lingering on your clothes**
- Talk to your employer about the benefits of a smoke-free policy**
- Wash your hands and face thoroughly after smoking or vaping, especially when dealing with children**
- Try quitting or support a family member to quit**

LAPA LADS 2022

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VAPE? NAH.. FRESH AIR? YEAH!

The nicotine in one vape can = 50 cigarettes

Vaping and smoking negatively impacts our people's land, air and seas

Let's care for country by eliminating vape and cigarette use!

SISTA SPEAK 2022

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SMOKERS ARE JOKERS

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