



### Create. Inspire. Make an Impact.

Vaping isn't just a trend – it's a decision. But what influences that decision? We're inviting YOU to create a short film, art piece, poster, Instagram post or story, or spoken word piece that explores why someone chooses to vape or not to vape. Winning projects won't just list facts – they'll tell a story that makes other young people think.

### Monterey County Vaping Challenge Entry Summary

14 submissions from 14 youth:

- PSAs: 3
- Posters/Visual Art: 9
- Written Works: 2

Participating Schools:

- Greenfield High School
- Rancho San Juan High School
- Salinas High School

Tag us when sharing entries!

Instagram: [@YouthCreatingChangeOrg](https://www.instagram.com/YouthCreatingChangeOrg)

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PSAs

**Vaping Affects Everyone**

12th grade, Salinas High School

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*“For my submission, I wanted to demonstrate how vaping takes a toll on everyone surrounding the vaper. [...] I wanted teenagers like me to feel the impact of their decisions on those close to them. I specifically wanted to appeal to the pathos of the viewers, incorporating emotional music and dialogue to create this effect. I feel that this film shows the deeper impact of vaping. I didn’t want to tell the viewers to ‘stop’ or ‘get help’ – I wanted to offer them a time of reflection on their actions and their relationships.”*



**Smoke-Filled Mirror**

10<sup>th</sup> grade, Salinas High School

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*“This is a 60-second video inspired by my favorite piece of media, which deals with coping in unhealthy ways (such as drug abuse fueled by pain not dealt with in childhood).”*

**Say ‘No’ to the Vape**

12<sup>th</sup> grade, Greenfield High School

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*“We wanted to focus on how peer pressure influences young people to make bad choices. [...] In our video, our friend joins a new group of friends who pressure them to vape. It’s very simple, but we wanted to show that you don’t have to join a group this way.”*





POSTERS/VISUAL ART



**Air that Kills**

9th grade, Rancho San Juan High School

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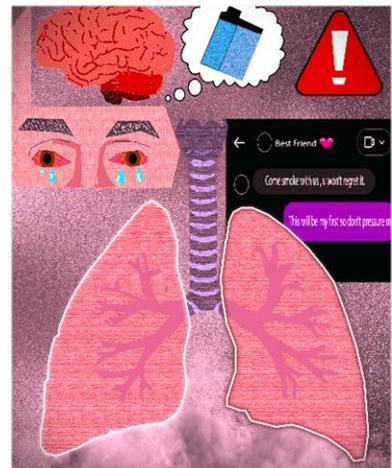
*“I hand-painted my vape awareness project. I created the painting with a skeleton vaping to show that vaping kills, and the arm with the vape for a hand (connected by veins) is a visual representation of how hard it can be to quit vaping even if a person wants to. The background of red swirls shows the dread and confusion that vaping can cause.”*

**Why did I do it?**

11<sup>th</sup> grade, Rancho San Juan High School

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*“This illustration shows the dark truth of why youth start smoking vapes – the pressure of smoking and being cool and fitting in. The reason I created this is because I had the same experience with the pressure to vape. I want to spread awareness of how being pressured can really impact you mentally and physically.”*



**Vaping Steals Lives**

Vaping: Myth vs. Reality

“Others vape, so I should too.”

While vaping is done by many people, those people are often harming themselves to “look cool.” Drugs like vapes have been engineered to be addictive.

“I won’t become addicted.”

Many people think they can escape vaping, but very few actually do. The safest strategy is to not start in the first place.

“If I ever get addicted, it will be easy to quit.”

Vapers have weaker lungs and shorter lifespans than non-vapers.

“The effects to vaping aren’t that bad.”

**Vaping Steals Lives.**  
Make sure you’re not next.



**Vaping Steals Lives**

11<sup>th</sup> grade, Rancho San Juan High School

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*“I wanted to make something unique that appealed to both the analytical and the creative. [...] I made sure to emphasize the message that many people who vape don’t actually do it because they want to, they do it to look ‘cool.’ People who vape look cool, but they’re actually only harming themselves.”*



### Monterey County Vaping Challenge

12<sup>th</sup> grade, Rancho San Juan High School

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*“I made this poster in the hope of convincing someone to quit vaping and focus on their mental health, physical health, and overall being.”*



### Be the Role Model YOU Needed

12<sup>th</sup> grade,

Rancho San Juan High School

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*“Children mirror what they see, be that their surroundings or the actions of those around them. If they see people vaping (especially those who contribute to their daily life, such as parents, siblings, teachers, and*

*friends), [...] then children will be the reflection of a world where vaping is normal, continuing the vape cycle. Therefore, it is crucial to be an assiduous role model for children – and to be that role model you needed when you were a child.”*

### Vape Awareness

12<sup>th</sup> grade, Rancho San Juan High School

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*“I chose the words for this poster by remembering statements I have heard that support awareness.”*





### Vape Awareness Poster

9<sup>th</sup> grade, Rancho San Juan High School

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*“This poster talks about vaping in teens, showing the myth and the truth.”*

### Expectation vs. Reality

12<sup>th</sup> grade, Rancho San Juan High School

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*“My entry is based on the reality of the ingredients in vapes. I believe that most people who vape don't understand the types of ingredients that are in them, so I hope my art piece gives everyone a look into that reality.”*



### Vaping Kills

12<sup>th</sup> grade,  
Rancho San Juan High School

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*“My submission is meant to show the direct effects of vaping to the people who may not vape themselves but have friends that do [...], while how the characters feel physically and emotionally is meant to create sympathy and empathy in those who vape themselves (in the hope that they may try to quit for their friends).”*





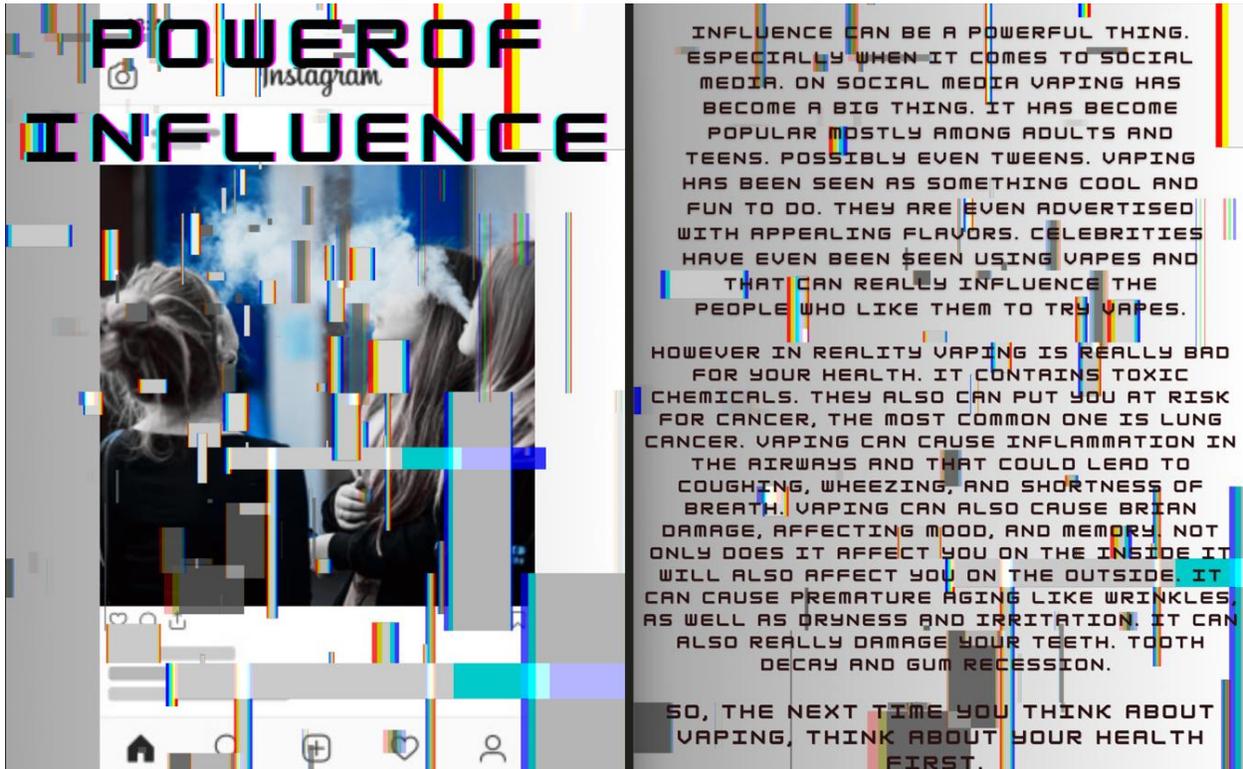
WRITTEN WORKS

**The Influence of Vaping on Social Media**

12<sup>th</sup> grade, Rancho San Juan High School

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*“My piece is on the power of influence. I went with this topic, because I feel like it is the most common reason people start vaping. Vapes can target anyone and can affect their health. Since I feel that social media is where this influence is the strongest, I designed my submission as an Instagram post.”*





## Never Truly Lived

12<sup>th</sup> grade, Rancho San Juan High School

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*“My submission is about the importance of living and how vaping only provides short-term relief. Life is meant for pursuing your dreams – don’t give up and settle for less.”*

It is not death most people are afraid of, It is getting to end of life only to realize that you've never truly lived, There was a study done, a hospital study on 100 elderly people close to death, On their last breath. They were asked to reflect on life's biggest regret; Nearly all of them said They regretted not the things they did but The things they didn't do, The risks they never took, The dreams they didn't pursue; So I ask you, Will your last words be if “Only I- Hey you Wake Up. Why do you exist, Life is not meant to simply work, Wait for the weekend and Pay rent, No, no I might be young and don't know much, But I know this, Every person on this earth has a gift, And I apologize if I offend anyone here today. But I can not longer pretend Martin Luther King That man never had a dream. That dream had him. See people don't choose dreams, dreams choose them; So the question I'm getting to is do you have the courage To grab the dream that picked you. That befits you and grips you Or will you let it get away, And slip through, See most of us are afraid of the thief that comes in the night to steal all of our things. But there is a thief in your mind who is after your dreams. His name is Doubt, And if you see him call the cops And hide the kids. Because he is wanted for murder; For he has killed more dreams than failure ever did He wears many disguises, And like a virus, He will leave you blinded; Divided and turn you into a kinda; See kinda is lethal; You know what kinda is, There's a lot of kinda people, You kinda want a career change, You kinda want a get straight A's, You kinda want a get in shape, You kinda want a change, Simple math no numbers to crunch. If you kinda want something, Than You will kinda get the results you want, What is your dream, What is your spark that ignites that flame, You can't kinda want that, You got to want that with every part of your whole heart, Will you struggle Yea, you will struggle no way around that, You will fall many times but who's counting, Just remember there is no such thing as a Smooth Mountain; If you want to make it to the top Then there is sharp ridges that will have to be stepped over, There will be times where you get stressed and depressed over; But let me tell you something Victor Villasenor was rejected 265 times before he got his first book published, 265 times but he kept going, Every nfl team passed on Tom brady 5 times, Said he wasn't fast, strong or smart enough They said He just didn't have the IQ for a nfl Quarterback, But he kept going Critics told Beyonce she couldn't sing, She went through depression but she kept going They couldn't see Tyrone Bougues Dream Either, When Tyrone was 10 he stopped growing He was diagnosed with a rare disease that stunted his growth, He has spent his whole life at the same height since he was ten, So tell me how can this boy play in the NBA, For 13 seasons, Because he had a Dream stronger than his limitations, When asked by reporters “How does it feel to be surrounded by people twice the size of you”, He quite simply and intently answered, “It kinda feels like being a dime amongst pennies” Never, I repeat Never, Give up on your dreams, They can't see your heart, Remember experts built the Titanic; Amateurs built the Ark. Struggle and criticism are prerequisites for greatness That is the law of this universe and no one escapes it, Because pain is life but you can choose what type Either the pain on the road to success Or the pain of being haunted with regret, If you want my advice Don't think twice, We all have been given a gift that we call life, So don't blow it, You are not defined by your past, Instead you are to grow from it in each and every moment, So own it Now, Sometimes you have to jump and grow your wings on the way down, And I know It sounds like I'm Preaching or speaking with force, But if you don't use your gift then you rob not only yourself, But the whole world short So what invention do you have bury inside of your mind, What idea, What cure, What skill, Do you have inside, To bring out into this Universe, Uni meaning one, Verse meaning song, You all have a part to play in this song, So use it on life greatest stage, So, No You can not go back and make a brand new beginning, But you all can make a brand new ending.

