



## WHAT IS ESCAPE THE VAPE?

Escape the vape is a PSA video contest where students use their voice to raise awareness about the dangers of vaping and the shadowy industry behind it.

**You could win \$500 for you and \$500 for your school or organization, along with other cool prizes!**



## VAPING CAN...

- Increase anxiety and stress
- Make depression symptoms worse
- Deliver more than 67 toxic chemicals to your lungs

And one disposable vape can contain as much nicotine as three to four packs of cigarettes. Enter Escape the Vape, expose the harms of vaping, and stand up to commercial tobacco industry.

**Enter your video anytime  
in February 2024!**

Visit the Escape the Vape website to  
enter! [mnescaptethevape.org](https://mnescaptethevape.org)

 Follow us on instagram  
[@jointheescape](https://www.instagram.com/jointheescape)

**ESCAPE  
THE VAPE  
VIDEO CHALLENGE**