

This year's theme is **Changing Gears!** You may choose from one of two options for your essay:

- Change the way young people think about tobacco and nicotine products and help them understand the benefits of living tobacco- and nicotine-free.
- Change how parents and teachers react to youth nicotine use by offering support for quitting rather than punishment.

## PROJECT GUIDELINES

Open to Arkansas students in grades 4-6. Prizes will be awarded to first, second and third-place winners for each grade. The essays should focus on the supplied theme topics. All essays must be written by the students. Essays should be no more than 500 words for grades 4-5 and no more than 750 words for grade 6. Entries that are graphic or violent in nature will not be eligible.

## SELECTION CRITERIA

A third party will judge all essays and the winners will be announced in May 2022. Judging will be based on the following criteria:

- Creativity
- Effectiveness/Accuracy of Message
- Ethics/Good Taste
- Quality of Writing

## HOW TO ENTER

### Mail Entries:

Arkansas Children's Hospital  
Attn: Project Prevent  
1 Children's Way, Slot 669  
Little Rock, AR 72202.

### Scan and Email Entries:

Laura Taylor at  
taylorlb@archildrens.org

**Fax Entries:** 501-364-5230

Entries must  
be received by  
April 8, 2022  
at 5 pm!

## PRIZES

Winners will be announced on the Project Prevent website and on social media in May 2022. The teacher or guardians of the winning students will be contacted as well, and the Project Prevent staff will make arrangements to deliver the prizes. Students in each grade will be awarded a certificate and the following prizes:

**1st Place:** iPad Mini with Digital Pen

**2nd Place:** Beats Headphones

**3rd Place:** Light-Up Keyboard & Headset for Computer

**ENTRIES MUST INCLUDE STUDENT'S  
NAME, GRADE, SCHOOL & TEACHER**