



YOUTH TOBACCO & NICOTINE PREVENTION

# My Reason to Write

# HOW I SEE A HEALTHY ME



## WRITE A POEM, AN ESSAY OR SONG LYRICS

Describe the ways you can live tobacco- and nicotine-free, and show your friends how to do the same.

### RULES

Open to students in grades 2-8 with judging in two categories: elementary school and middle school. Entries should focus on the assigned topic and must be written by students. Essays should be no more than 450-750 words, depending on grade level. Lyrics and poems should be 100-150 words. Lyrics should include two verses and a chorus, while poems need to be 12-20 lines.

**Entries must be submitted by mail or email or to the website by 5 p.m. on Monday, April 16, 2018.**

### PRIZES (For both elementary and middle school)

#### ESSAY

200-450 words, elementary school  
300-750 words, middle school

- **FIRST PLACE**  
Chromebook
- **SECOND PLACE**  
Samsung Galaxy 7" Nook & \$40 Barnes & Noble Gift Card
- **THIRD PLACE**  
Beats EP Headphones

#### LYRICS/POEMS

100-150 words  
two verses and a chorus (lyrics)  
12-20 lines (poems)

- **FIRST PLACE**  
Chromebook
- **SECOND PLACE**  
Samsung Galaxy 7" Nook & \$40 Barnes & Noble Gift Card
- **THIRD PLACE**  
Beats EP Headphones

📍 Laura Taylor | Arkansas Children's Hospital  
1 Children's Way | Slot 69 | Little Rock, Arkansas 72202

✉️ taylorlb@archildrens.org

🌐 sosprojectprevent.com

