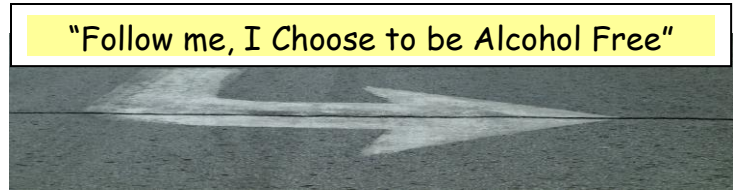


**Warren County Coalition for Healthy and Safe Communities**  
A Program of Prevention Connections/Family Guidance Center of Warren County  
492 Route 57 West  
Washington, NJ 07882

To: Warren County **Guidance Counselors**  
From: Mary Jo Harris, Coordinator  
Re: April's Alcohol Awareness Month Contest



**Some sobering facts about underage drinking:**

- More young people are killed by alcohol than all illegal drugs combined.
- Children who begin drinking alcohol before the age of 15 are 5 times more likely to develop alcohol problems at some point in their life than those who wait until age 21.
- 21% of Warren County Middle School students surveyed (304) have tried alcohol.
- Over 14% of those same students report using alcohol annually
- And 6% of Middle School students ages 12 to 14 when asked have used alcohol within the past 30 days

This year we are sponsoring a public service awareness contest in April (Alcohol Awareness Month), to encourage students to make healthy choices and abstain from underage drinking. This year we are inviting students in grades 4-12 to create a poster highlighting their best message that tells friends and classmates, **"Follow me, I choose to be alcohol free"**.

This contest is meant to educate and reinforce students' healthy choices to abstain from alcohol and other drugs by allowing them to share their own prevention messages. Feel free to incorporate this project into your curriculum.

Please share the attached entry form with students. Students should be as creative as possible. We hope that this will be a positive learning experience for all involved and we look forward to seeing the entries from your school.

**POSTER CONTEST GUIDELINES FOR STUDENTS IN GRADES 4-12:**

- Poster entries should be created on 8.5"x11" paper (Artwork must come from the student's imagination)
- No copyrighted characters, images, or celebrities may be used or inferred (If you have seen it/him/her on TV, in movies, video games, etc., it can't be used in the entry)
- Entries must be based on the contest's theme
- Students may work with a partner or as a group, but we must receive a permission slip from each contributor.
- Students must submit a completed and signed entry form with their essay or poster
- **The deadline for entries to be received is April 25, 2014**
- Entries will be picked up at your school by 3pm on April 25<sup>th</sup>.

**Call Mary Jo or Alicia @ 908-689-1000 if you have any questions.**  
**Entries will be on display and Winners announced April 30<sup>th</sup> @ 7:00pm**  
**Harmony Township School, 2551 Belvidere Road Phillipsburg, NJ 08865**

# **Public Service Announcement Poster Contest for Grades 4-12**

Alcohol travels through your bloodstream and can damage your brain, stomach, liver, kidneys and muscles. As a teenager, your body is still developing, so damage done to it now can affect the rest of your life. Over time, drinking can wreak havoc with your body and mind.

**So how come they never tell you this in the movies, videos, magazines and music**

Create a poster highlighting your message that tells friends and classmates to...

**Follow Me, I Choose to be Alcohol-Free**

## **Contest Guidelines:**

- For poster entries, use 8 1/2" x 11" white paper. (Your artwork must come from your imagination)
- No copyrighted characters, images, or celebrities may be used or inferred.  
(If you have seen it on TV, the movies, video games, cartoons, or from athletes, it can't be used in your entry)
- Fill out the entry form below and attach it to your poster. Submissions with incomplete or missing entry forms will be disqualified.
- You may work with a partner or a group, but we must receive an entry form from each person.
- The deadline date for entries to be received is April 25, 2014 by 3PM.
- **Questions? Call Mary Jo or Alicia @ 908-689-1000.**

Check out these websites for information about alcohol and underage drinking:  
[www.abovetheinfluence.com](http://www.abovetheinfluence.com); [www.thecoolspot.gov](http://www.thecoolspot.gov); [www.teenshealth.org](http://www.teenshealth.org); [www.teensdrugabuse.org](http://www.teensdrugabuse.org)

**All entries will be on display at  
Harmony Township School, 2551 Belvidere Road Phillipsburg, NJ 08865  
On Wednesday, April 30<sup>th</sup> at 7:00pm where winners will be announced**

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## **Entry Form**

**Student's Name** \_\_\_\_\_ **Home Phone #** \_\_\_\_\_

**Mailing Address/Town/Zip** \_\_\_\_\_

**School Name** \_\_\_\_\_ **Grade** \_\_\_\_\_ **Teacher** \_\_\_\_\_

I hereby give permission to Prevention Connections/Family Guidance Center of Warren County for this creative submission to be on display at Harmony Township School on April 30<sup>th</sup> and winners submitted to the Express Times and Warren Reporter as well as the Prevention Connections website and newsletter along with my child's name, grade and school.

**Parent's signature** \_\_\_\_\_