



REPUBLIC OF KENYA



NACADA

FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

NATIONAL ESSAY WRITING COMPETITION ON ALCOHOL AND DRUG USE PREVENTION FOR HIGH/SECONDARY SCHOOLS IN KENYA

Dear Students,

Welcome to the **Essay Writing Competition on Alcohol and Drug Use Prevention for High/Secondary Schools in Kenya!**

Alcohol and drug use can negatively impact your academic performance, relationships with friends and family, and even your future career prospects. It can lead to poor decision-making, risky behaviors, and in some cases, dependence/addiction. In recent years, there has been a growing concern about the use of alcohol and drugs among young people.

It is important to understand that using alcohol and drugs is not a rite of passage or a sign of maturity. Many young people turn to substances as a way to cope with stress, peer pressure, or other challenges in their lives. However, there are healthier and more effective ways to deal with these issues. Seeking support from trusted adults, such as teachers, counselors, or family members, can help you develop positive coping strategies and build resilience.

As a student, you can make positive choices for yourself and your future. By staying informed, setting boundaries, and seeking help when needed, you can avoid the pitfalls of alcohol and drug use and lead healthier, happier lives.

PURPOSE OF THE ESSAY WRITING COMPETITION

This is an opportunity for us to hear from you. The essay competition encourages you to share your ideas and stories on alcohol and drug use prevention in our schools and communities. We look forward to your reflections, your thoughts in a well-structured essay, and first-hand solutions for preventing drug use.

ESSAY WRITING COMPETITION OBJECTIVES

The essay competition seeks to achieve the following objectives.

- (i) To raise awareness about the dangers of alcohol and drug use among high/secondary school students
- (ii) To encourage students to critically analyze the impact of alcohol and drug use on the individual and society
- (iii) To promote creative thinking and propose preventive measures to combat alcohol and drug abuse
- (iv) To foster a sense of responsibility and leadership in advocating for alcohol and drug-free environments

THEME

The theme for the 2024 Essay competition is **“The Challenge of Substance Use: Building a Sober Tomorrow Together”**.

TOPICS

A student participating in the essay writing competition may select a topic from the following:

- (i) Strategies for Avoiding Alcohol and Drug Use: Tips for Students
- (ii) The Influence of Social Media on Alcohol and Drug Use Among Students
- (iii) Youth Empowerment: Building a Future Free from Alcohol and Drug Use
- (iv) The Crucial Role of Parents in Preventing Alcohol and Drug Use Among Students
- (v) Creating a Safe Environment: Steps for Schools to Prevent Alcohol and Drug Use
- (vi) Supporting Friends: Ways to Help a Peer Struggling with Alcohol or Drug Use

ELIGIBILITY

The competition is open to all high/secondary school students in Kenya. Students from all forms are eligible to participate. Each student may submit only one essay.

RULES

For your essay to be considered, adhere to the following rules:

- (i) Entry is **FREE** and open to all secondary/high school students (Form 1-4)
- (ii) Essays must be **handwritten**
- (iii) The essay should be either in English or Swahili
- (iv) The essay should be between **800** and **1,000 words** (without references)
- (v) Proper citation of sources is required and the appropriate use of such material is the responsibility of the student
- (vi) The student should not identify themselves, the school, or the county in the essay
- (vii) Only **ONE** entry per student will be accepted
- (viii) It must be your original work. Do not copy from a book, the internet, or be written for by the teacher/parent/friend
- (ix) The essay should not have been published or submitted for other competitions or publications
- (x) Teachers may hold class discussions to guide their students but should not make the essays
- (xi) All essays submitted will become the property of NACADA and will not be returned.
- (xii) NACADA shall acknowledge the authors in case the essays are published or disseminated
- (xiii) Canvassing will lead to automatic disqualification.
- (xiv) NACADA staff children are not allowed to participate in the competition

SUBMISSION

The essay must be submitted:

- (i) The Essay Entry Forms are available for download from our website www.nacada.go.ke or can be collected from our Regional Offices (below)

- (ii) With a duly signed by the School Principal and stamped Essay Entry Form
- (iii) Electronically via email or sent to the following addresses.

POSTAL ADDRESS	EMAIL ADDRESS
ADA ESSAY COMPETITION NACADA P.O. BOX 10774 00100 NAIROBI	essay@nacada.go.ke

DEADLINE FOR SUBMISSION

The deadline for submission is **30TH MAY 2024**. Late submissions will not be considered.

EVALUATION CRITERIA

Essays will be evaluated based on the following:

- (i) Relevance to the theme and topic
- (ii) Originality and creativity
- (iii) Clarity of expression and coherence of argument
- (iv) Structure and organization
- (v) Grammar and language proficiency
- (vi) Feasibility of proposed solutions

Judges' decisions are final and cannot be contested

AWARD AND RECOGNITION

NACADA will endeavor to appreciate participants through:

- (i) Award a certificate of participation to all students participating in the competition
- (ii) Shortlisted essays will be disseminated through NACADA publications and digital communication channels
- (iii) Authors of winning essays (Winner, First Runners-Up, and Second Runners-Up) will receive certificates, trophies and a gift hamper
- (iv) The winners will be awarded during the International Day Against Drug Abuse & Trafficking (IDADA) national celebrations on 26th June 2024.
- (v) Teachers of the winning students will be recognized and awarded

CONTACT DETAILS

The schools can collect entry forms and seek more guidance and clarification from our offices:

HEADQUARTERS NSSF Building, Block A, Eastern Wing 18th Floor P.O. Box 10774 00100 020-2721997/93 info@nacada.go.ke	NAIROBI REGIONAL OFFICE NSSF Building, Bishops Road; Annex-9th Floor nairobi@nacada.go.ke	CENTRAL REGIONAL OFFICE Regional Coordinators Office Nyeri, Block A, Ground Floor, Room 11 P.O. Box 948-10100 Nyeri +254 110003914, 0202649720 central@nacada.go.ke
COAST REGIONAL OFFICE NSSF House, Northern Wing, 9th Floor, Social Security House, Nkrumah Road +254 702-094901 coast@nacada.go.ke	EASTERN REGIONAL OFFICE Regional Coordinators Office, Embu Ground Floor, Room 32, &33 +254-779-172 659 eastern@nacada.go.ke	NYANZA REGIONAL OFFICE Huduma Centre, Wing C, 1st Floor P.O. Box 7783-40100 Kisumu +254 702112559, 0770892136 nyanza@nacada.go.ke
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