



REPUBLIC OF KENYA



NACADA  
FOR A NATION FREE FROM ALCOHOL AND DRUG ABUSE

# NATIONAL SENIOR SCHOOL Essay Writing Competition 2026

On Alcohol and Drug Use Prevention

**Write  
for  
Change**

**Choose a Drug-Free Path**

our theme

**Protecting Our Future: Making Drug-Free  
Choices in School and Beyond**

Handwritten 800–1,000 words (without references)

**Deadline: Friday, March 28th 2026**

Please visit [www.nacada.go.ke](http://www.nacada.go.ke) for the essay  
competition guidelines and entry form.

\*\*\*ONLY OPEN TO ALL HIGH/SECONDARY SCHOOL STUDENTS IN KENYA.





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**Protecting Our Future:** Making Drug-Free Choices in School and Beyond

### Eligibility Criteria

The competition is open to all senior school students in Kenya (Grades 10, 11 and 12). Each student may submit only one original essay.

### Rules And Guidelines

1. Participation is **FREE**
2. Essays must be **handwritten**
3. Essays may be written in **English or Kiswahili**
4. Length: **800–1,000 words** (without references)
5. The essay must be **original and unpublished**
6. Students must not include their name, school, or county in the essay
7. Only **one entry per student** will be accepted
8. Teachers may guide discussions but must not write essays
9. NACADA **retains the right** to use submitted essays for publication and advocacy

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### Suggested Topics

Participants may choose one of the following topics:

1) The impact of alcohol and drug abuse on academic performance and discipline

2) Peer pressure, social media, and substance use among students

3) The role of schools in creating safe and drug-free learning environments

4) How students can resist drugs and support peers positively

5) Parental and community responsibility in protecting learners from drugs

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### SUBMISSION PROCEDURE

Essays should be submitted together with a duly signed and stamped entry form by the School Principal/Headteacher.

Entry forms are available and can be downloaded from our website **[www.nacada.go.ke](http://www.nacada.go.ke)** or can be collected from our regional offices as indicated below:

Postal Address:

**ADA ESSAY COMPETITION NACADA**  
**P.O. BOX 10774 00100**  
**NAIROBI**

Email Address: **[essay@nacada.go.ke](mailto:essay@nacada.go.ke)**

All entries must be received by **Friday, 28th March 2026**  
Late submissions will not be considered.

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### EVALUATION CRITERIA

**Essays will be assessed based on:**

1. Relevance to the theme and topic
2. Originality and creativity
3. Clarity and organization of ideas
4. Language and grammar
5. Practicality of proposed solutions

**Please note that the judges' decisions are final and cannot be contested**

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### AWARDS AND RECOGNITION

1. Certificates of participation for all entrants
2. Winning essays will be **published in the NACADA newsletter**
3. The **top three winners** will receive certificates and trophies
4. Winners will be awarded during the **International Day Against Drug Abuse and Illicit Trafficking (26th June 2026)**
5. Teachers of the winning students will also receive **a recognition certificate**

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### ANNEX I: ALIGNMENT TO CBC AND LIFE SKILLS EDUCATION

This essay competition is aligned to Kenya's Competency-Based Curriculum (CBC) and Life Skills Education framework, which emphasises holistic learner development beyond academic achievement.

The competition supports the following CBC competencies:

- **Critical Thinking and Problem Solving** – Learners analyse substance abuse challenges and propose solutions
- **Self-efficacy** – Learners reflect on personal responsibility and decision-making
- **Citizenship** – Encourages responsible behaviour and social accountability
- **Communication and Collaboration** – Learners express ideas clearly and constructively

In addition, the competition reinforces Life Skills Education outcomes, including:

- Decision-making and refusal skills
- Coping with peer pressure and stress
- Self-awareness and emotional intelligence
- Responsible behaviour and values-based living

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### ANNEX II: TEACHER GUIDANCE NOTE

#### Role of Teachers and School Administrators

Teachers play a facilitative role in guiding learners through the essay writing process. The aim is to stimulate discussion, reflection, and awareness rather than produce 'perfect' essays.

#### Teachers are encouraged to:

- Facilitate classroom discussions on alcohol and drug abuse using age-appropriate language
- Guide learners on understanding the theme and selecting relevant topics
- Encourage originality, personal reflection, and practical solutions
- Reinforce life skills such as decision-making, self-control, and resilience

#### Teachers should NOT:

- Write or edit essays on behalf of learners
- Influence learners' opinions or viewpoints
- Select essays based solely on language proficiency rather than substance

#### School principals are requested to:

- Ensure fair participation among students
- Verify originality of submitted essays
- Endorse and submit entries within the stipulated timelines

This guidance is intended to ensure ethical participation, learner ownership, and alignment with education policy standards.

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