

School District of Palm Beach County, Acreage Loxahatchee Rotary Club, Palm Beach County Sheriff's Office, Palm Beach County Substance Awareness Coalition, and South Florida Fair Present

Alcohol Prevention School Bus Poster Contest

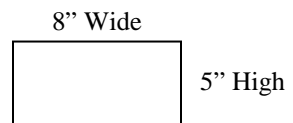
PALM BEACH COUNTY STUDENTS IN GRADES K-12

Submit an alcohol prevention poster promoting an alcohol-free lifestyle for young people.

Winning entries will be displayed inside 1,000 Palm Beach County school buses.

Your poster may use either digital art media or freestyle media (markers, ink, pencils, pastels, watercolor, paintings, collage, mixed media, or any combination).

Size: Designs must be landscape orientation with the following measurements.



THE DO'S:

- Write a short, catchy positive alcohol prevention message.
- Keep the poster images positive.
- Include one fact about how alcohol affects youth.
- Avoid using pictures of alcohol or bottles in your artwork.
- Avoid beginning your message with "Don't" (see examples).
- Use original or copyright-free artwork.
- Write your message in English, Spanish, Haitian Creole, or Portuguese.

THE DO NOT'S:

- Do not use scary pictures or messages (i.e. no car crashes, grim reapers, tombstones, etc.).
- Do not use cartoon characters that are copyright protected (i.e., Sponge Bob, Shrek).
- Do not use brand name products on the posters (e.g., Snickers, Doritos, Coca-Cola).

Winners:

Semi-finalists will be featured at the 2012 South Florida Fair. The top six entries (two elementary, two middle, and two high school) will **each win \$100.00**. Winners will be notified by January 18, 2012 and invited to attend the Awards Ceremony on Monday, February 20, 2012.

ENTRY DEADLINE (received): 11:59 p.m., FRIDAY, DECEMBER 9, 2011.

Submit a completed entry form and your poster to:

Project SMART, Student Intervention Services

Old DD Eisenhower Elementary, 2936 Lone Pine Road, Palm Beach Gardens, FL 33410

Alexa Lee at 561-301-9975 or Lavidah.Johnson@palmbeachschools.org

All entries become the property of the Project SMART and Acreage Loxahatchee Rotary Club. No entries will be returned.



www.alrotary.com



www.pbcsc.org



www.pbcProjectSMART.com

ebook: Why21ProjectSMART

Sample Alcohol Facts

1. Drinking alcohol before 21 can affect your mood and your thinking (www.thecoolspot.gov).
2. Alcohol can cause your brain to feel foggy and make you think and see differently (<http://pbskids.org/itsmylife/body/alcohol>).
3. People who drink alcohol cannot control their behavior (they may do silly things or be violent). And their movements are more clumsy and uncoordinated (www.cyh.com).
4. Drinking alcohol can cause learning and memory problems (www.abovetheinfluence.com).
5. Most Palm Beach County youth are alcohol-free. (2010 Florida Youth Substance Abuse Survey, Palm Beach County Report)
6. Kids who start drinking by 15 have a 4 times great chance of becoming addicted to alcohol (<http://www.surgeongeneral.gov/>).
7. Alcohol blocks some messages to your brain. This changes your perceptions, emotions, movement, vision, and hearing (www.abovetheinfluence.com).
8. Underage drinking affects all areas of an athlete's life including social, physical, mental, academic, and legal (<http://www.americanathleticinstitute.org>).
9. It is illegal for anyone in the United States under the age of 21 to buy or drink alcohol (pbskids.org/itsmylife/body/alcohol).
10. Alcohol is actually a depressant. That means it's a drug that slows down or depresses the brain (<http://kidshealth.org/kid/>).
11. Binge drinking, that is drinking five or more drinks in a row by males or four or more drinks in a row by females, can lead to alcohol poisoning, which can cause death (<http://kidshealth.org/teen/>).
12. Your brain develops until your mid-twenties. Alcohol can affect the parts of the brain that control coordination, impulse control, memory and decision making (<http://www.stopalcoholabuse.gov>).

Examples of Short, Positive, Alcohol Prevention Messages

- 1 Be wise: be alcohol-free.
- 2 When you start drinking, you stop thinking.
- 3 Alcohol ties you in knots.
- 4 Save your brain, be alcohol-free.
- 5 Alcohol-free keeps you smart.