

2026 #StayHealthy Essay Contest

Please write clearly.

Student Information

Student Name: _____

Age: _____ Grade: _____ School: _____

Email _____
Address: _____ Phone: _____

Parent Information (if under 18 years of age)

Parent Signature _____ Phone _____

By signing this entry form, you agree to the terms and conditions of the #StayHealthy Essay Contest.

This contest is open to all Yavapai County high school students from grades 9-12. First place winner of the contest will receive \$500. Second and third place winners will receive \$300 and \$100, respectively. In addition, up to 5 students will receive honorable mention and each receives \$50.

Essay Guidelines

- Contest deadline is Friday, March 13, 2026.
- The essay cannot exceed 750 words and must be typed in Times New Roman, 12-point font, single-spaced, with 1-inch margins.
- The essay writer must answer only ONE of the following prompts:
 1. If you were the President of the United States, what would you do to solve our country's drug epidemic and encourage people to #StayHealthy?
 2. How does social media influence your thoughts and opinions on using drugs and alcohol? What do you wish was different in social media? How could you use social media to #StayHealthy?
 3. How do your peers affect you and your decision to use or not to use drugs? How do you effectively deal with peer pressure to #StayHealthy?
 4. What would you tell your 10-year-old self to better prepare yourself for high school and how to #StayHealthy through the challenges of life?

Helpful Hints: Reflect on what has been most meaningful to you during your life and how these moments have impacted who you are. Many of these memories will be very positive and others will be more difficult, but all of them can offer learning experiences that may be

useful as you ponder your essay. These real-life stories will enhance your essay while offering a heartfelt reading experience to the judges.

Essay Contest Rules

Please be sure to adhere to the following contest rules. If these rules are not followed your essay may be subject to disqualification at the discretion of the judges.

- The ***name or initials of the student are not to appear anywhere*** on the essay.
- All information requested on page 1 must be complete and stapled to the essay as the cover sheet to be eligible for the contest.
- The essay prompt must appear as the title of your paper.
- Content must relate to the essay topic and contain correct spelling and grammar. Keep in mind that the following 6 conventions of writing are important parts of the judging: ideas, organization, voice, word choice, sentence fluency, and conventions (grammar, spelling, punctuation).
- Entries must be submitted by Friday, March 13, 2026.
- Entries may be submitted via mail or e-mail.
 1. MATFORCE, 7749 E. Florentine Road, Suite A, Prescott Valley, AZ 86314
 2. info@matforceaz.org (Google Docs, Word, and PDF files accepted at this email address.)

Essays will be judged by community members per the essay contest rules above.

All essays submitted become property of MATFORCE. Author names or details will not be used in any media releases or advertisements when connected with their essay. The overall winning essays will be printed and used in official MATFORCE advertising, which may include printed posters, advertising inserts, website publications, and local or state media release.