

General Tips

- Decide if you will work on an individual or group project. People are welcome to enter the competition as many times as they like. People can submit through individual and or group entries covering different themes and ideas.
- Research your theme so you have a good understanding of the issues that you will cover in your entry. Pick which topics you will discuss and find facts and figures to support your viewpoint. Try not to cover too many issues in one entry. You can always explore different ideas in separate entries.
- Think outside of the box – include messaging that will appeal to young people. Show what you think people your age want or need to know about drugs and alcohol.
- Drugs.ie recommend that you check out previous competition winners on the site to see what the judges are looking for. Remember to use previous entries for guidance but don't copy the entire entry. The judges want to see new ideas each year.
- There is a lot of information available about drugs and alcohol on the internet, some of which is not always accurate. Drugs.ie provide a list of recommended websites at the end of this page for you to check out.
- Write down facts that you find useful from your research and where you sourced them from. Consider double checking facts and figures to make sure that they are correct. Don't make statistics up.
- If your entry is in an Irish context (based in Ireland), make sure your facts and figures are relevant to Ireland and not other countries like England or America. Remember that Ireland's facts and figures on drug and alcohol use will be unique to Ireland.
- Personal stories will be accepted as well as fictional stories. Be careful not to identify anyone in personal stories that you share. If you are sharing someone else's story - don't forget to ask their permission first!
- The judges are looking for original work, not work that has been previously published elsewhere (even the internet). The judges want to see your viewpoint, not someone else's work!
- The judges won't accept any entries that contain commercial messages. . This means that you can't show branded labels on clothes, food or alcohol.
- Remember to fill out an entry form. Entries without entry forms can't be put forward for judging.
- Drugs.ie don't send entries back. Drugs.ie receive hundreds of entries to the competition so are not in a position to return entries to people. Remember to save entries on your computer or to take photos of posters before you send them.

