
RED RIBBON WEEK

WRITING COMPETITION • MIDDLE SCHOOL

Division: Middle School
(Grades 6–8)

Theme: Be Strong. Be Yourself. Be Drug-Free.

YOUR WRITING CHALLENGE

“When life gets challenging, what helps you rise above the pressure and stay true to yourself?”

Middle school brings new experiences, changing friendships, challenges, and sometimes pressure to fit in. During Red Ribbon Week, we encourage students to discover positive ways to feel confident, manage stress, and enjoy life without drugs.

Write a poem or essay about your **natural high**—the activities, relationships, goals, or accomplishments that help you feel confident and connected to who you are. Explain how making healthy choices and saying no to drugs can protect your goals and future. If you faced pressure to make an unhealthy choice, how could you stand up for yourself or support a friend?

Your challenge: Show how being yourself, making courageous choices, and finding healthy ways to thrive can inspire others.

CHOOSE YOUR FORMAT

Write either an original poem or an essay in response to the prompt. Make your message clear, use your own ideas and words, and connect your work to the Red Ribbon Week theme.

SUGGESTED LENGTH

Poem: 12–24 lines • Essay: 250–400 words.

Remember: Your voice matters. Your choices matter. Your future matters. Find your natural high and choose a healthy, drug-free future!

Student name: _____ Grade: _____