

**Objective:** Create a poster that shares credible, fact-based information about cannabis prevention with peers and the community.

The winning design will be featured in a multi-channel awareness campaign promoting healthy, informed choices.

**Theme:** Cannabis Prevention Through Creative Expression

**The Challenge:** Design a digital or hand-drawn poster using one (1) pre-approved fact related to cannabis prevention. Posters should educate and encourage thoughtful decision-making without promoting or glamorizing cannabis use.

#### Who Can Participate

- High school students in grades 9 –12 attending school in the Metro St. Louis Region.
- One entry per student.

#### Creative Direction

**Tone:** Educational, bold, fact-driven, and accessible

**Audience:** Peers, families, educators, and community members

#### Design Requirements

- Use one pre-approved fact (no original statistics)
- Must be original work (no plagiarism or AI-generated art)
- Cannabis symbols are allowed **only** if crossed out or clearly shown as prevention
- No smoke, paraphernalia, or pro-use imagery
- Appropriate for school and community sharing

**Poster Size:** 11x17 inches or 1080x1350 pixels

**Formats:** JPG, PNG, PDF, or high-res photo

#### Approved Topics (Choose One)

- THC can remain in the body for up to 30 days, affecting learning and memory
- 17% of teens who use cannabis develop a cannabis use disorder
- Cannabis overdose can cause panic, rapid heart rate, nausea, and paranoia
- Cannabis use makes driving unsafe by slowing reaction time
- Cannabis smoke and THC vapes contain many of the same toxins as cigarettes
- Cannabis use is linked to mental health challenges such as anxiety and depression

#### How to Submit

Submit your poster through the contest website using your school-issued email address. Personal email addresses will not be accepted. Submissions close March 6, 2026.

#### Key Dates

Contest Opens January 30, 2026

Submissions Due March 6, 2026

Winner Announced April 1, 2026

Full rules, requirements, and submission details are available at: [prevented.org/intheweeds](https://prevented.org/intheweeds)