



## Essay Contest Rules

**Senior Essay Contest – Grades 10 – 12**

**Junior Essay Contest – Grades 7 – 9**

1. Address the question – *Why are you pro-life?* - in an essay 300-500 words in length.
2. Register and submit essay by November 2, 2026, at [lifefirst.org/essay-contest/](http://lifefirst.org/essay-contest/).  
**Contest Period: September 1, 2026 – November 2, 2026.**
3. Follow this protocol for your essay:
  - a. Essay is double spaced
  - b. Pages are numbered
  - c. Font is Times New Roman, 12 pt.
  - d. Title is centered at top of the first page
  - e. Author's name is not shown on the essay
4. By submitting an entry, the contestant and parent agree:
  - a. to allow LifeFirst to reprint the essay;
  - b. that the essay is original, but not copyrighted; and
  - c. that the essay has not been submitted to any other LifeFirst contest.
5. Sources used for the essay must be cited.
6. Essays will be judged on originality, content, and accuracy. Your essay should be focused on speaking to people who are **not** pro-life. Please be mindful of your word choice. We want to communicate the truth that abortion, euthanasia, infanticide, and embryonic stem cell research are unequivocally wrong and take innocent lives, but we want to do so in a manner that will build bridges of communication. For example, using terms such as “baby killers” can often erect barriers rather than facilitate discussion and change. Please strive to communicate the truth but with grace and love.

7. Awards:

Senior High (grades 10-12)

1<sup>st</sup> place winner - \$600

2<sup>nd</sup> place winner - \$300

3<sup>rd</sup> place winner - \$200

Junior High (grades 7-9)

1<sup>st</sup> place winner - \$400

2<sup>nd</sup> place winner - \$200

3<sup>rd</sup> place winner - \$100

Winners may compete in the LifeFirst Essay Contest in subsequent years but may only win FIRST Place two times within each division.

8. Participants must reside in the United States.
9. Please email any questions to [essaycontest@lifefirst.org](mailto:essaycontest@lifefirst.org).