

COMPETITION DETAILS

Young people can enter their Nicofiend character into our national competition. Entries can be sent by youth groups, schools, parents, carers or young people with support from an adult.

HOW TO SEND ENTRIES

Upload online: Use the entry form at ash.wales/nicofiends

Send a file or batch: Email your entry, WeTransfer link or shared folder link to communications@ashwales.org.uk

Post paper entries: Postal entries are welcome. Address can be requested by email.

WHAT CAN BE ENTERED?

- Hand drawn character designs
- Paintings or mixed media artwork
- Digital designs
- Canva, PowerPoint or tablet designs
- Photos or scans of paper entries
- PDF, JPG or PNG files

WHAT TO INCLUDE WITH EACH ENTRY

- For each entry, please include:
- Young person's first name
- Age or year group
- Youth group, school or setting name
- Nicofiend character name
- Contact email for updates

For **paper entries**, write details on the back of the character sheet.

For **digital entries**, include details in the file name or upload form. E.g. file name: YouthGroup FirstName CharacterName



DEADLINE

- Please submit entries by Friday 4th December 2026
- Questions? Email communications@ashwales.org.uk

CREATE YOUR NICOFIEND

A Nicofiend is a monster or character that tries to pull someone into smoking, vaping or nicotine. It might use pressure, boredom, worry, bright colours, sweet flavours or the idea that "everyone else is doing it".



NICOFIEND NAME

MY NICOFIEND CASE FILE

**NICOFIEND
NAME:**

**FIRST
NAME**

**SCHOOL/
GROUP NAME:**

AGE OR YEAR:



MY NICOFIEND TRIES TO PULL PEOPLE IN WITH:

- | | |
|--|---|
| <input type="checkbox"/> "go on" | <input type="checkbox"/> bright colours |
| <input type="checkbox"/> "everyone else is doing it" | <input type="checkbox"/> sweet flavours |
| <input type="checkbox"/> looking fun | <input type="checkbox"/> boredom |
| <input type="checkbox"/> feeling left out | <input type="checkbox"/> worry |

Something else:

MY NICOFIEND SAYS:

“

”

HOW COULD SOMEONE DEAL WITH IT?

- | | |
|--|--|
| <input type="checkbox"/> pause and think | <input type="checkbox"/> talk to someone trusted |
| <input type="checkbox"/> say "no thanks" | <input type="checkbox"/> make your own choice |
| <input type="checkbox"/> walk away | <input type="checkbox"/> change the subject |

Something else: