

12TH ANNUAL JURIED CONTEST

# CELEBRATION OF AMERICA'S YOUNG HEROES

**TO PROMOTE RESPECT AND PREVENT BULLYING**

## Parents, Teachers, Counselors & School Administrators: Get Your Students Involved In The "Bullied No More" Contest

Students in Grades 6-12:

Do you know someone who has been bullied and resolved it with positive thoughts and positive action?

Tell us about him or her or even if it was you.

Let Your Voice Be Heard to Help Stop Bullying through the Arts!

### **What is bullying?**

*It's a form of verbal, physical or relationship/emotional abuse comprised of repeated hurtful behavior over time that involves a real or perceived imbalance of power. The bully's intention is to humiliate, intimidate, manipulate, frighten, embarrass or isolate his/her target. Cyberbullying is inflicted via phones and computers.*

### **CONTEST RULES:**

Submit an original Short Story, Essay, Poem, Song, Artwork, Play, DVD/film or BOARD GAME about bullying which involved you, a classmate, friend, family member or neighbor. Describe in detail how the bullying was resolved with positive thoughts and positive action so that other teens can be inspired. Think about how you can 'give away' your attributes, talents and skills to make a difference in the life of a student who's experienced the mental, emotional and/or physical pain of bullying!

Each entry must include the student's name, address, phone, school, teacher's name, grade, age, photo. Cash prizes will be awarded to the Grand Prize Winner in each category with possible publicity on the America's Young Heroes website, an exhibit, the media or a book.

### **Music**

Write lyrics and a melody for a song (rap, pop, or other) about a bullying experience with your heroic solution(s). Type and double-space lyrics on one side of 8 1/2 x 11 paper. Can be a collaboration between student lyricist and composer. EMAIL MUSIC FILE

### **Artwork**

Create artwork in any medium; artwork can be computer art, photography, cartoon, a poster about 8 1/2 x 11, a greeting card about 5x7 or even a sculpture.

Artwork must depict a bullying experience with positive solutions. Use: acrylic, pen & ink, pastels, or watercolor. EMAIL JPEG FILE

### **Board Game**

Must include a bullying experience and a practical, original and positive SOLUTION.

Materials must have dice, board game with cards and markers for the board game. Instructions to play must be very clear

### **DVD/ Film**

Create a video about bullying with positive solutions; five minutes or less.

Select one category: a documentary, short film, animation or television commercial/PSA. EMAIL VIDEO FILE.

### **Essay, Short Story, Play, Poem**

Must be typed and double-spaced. Describe in detail how you or a peer helped you, another or him/herself resolve the bullying experience, or describe how an adult helped you or a peer to resolve the bullying experience with positive thoughts and positive solutions. EMAIL DOC or PAGES FILES