

## Media

Any form of creative expression is welcome. Here are some guidelines on time and word limits.

Media	Time or Word Limit	Uploading suggestions
Film	3 minutes	Uploaded to Youtube with the link in the submission form.
Essay	1250 words	Google document with link in the submission form. Give access to <a href="mailto:teenhandbookproject@gmail.com">teenhandbookproject@gmail.com</a>
Story	1250 words	Google document with link in the submission or PDF
Music	3 minutes	Upload to Soundcloud with link in the

		submission form. Make sure to publish the audio as public.
Podcast	5 minutes	Uploaded to soundcloud with a link in the submission. Make sure to publish the audio as public.
Painting, Collage, Drawing, Photography	1 image	If the file is too big to attach to the form, use a Google Drive folder with a link in the submission.

## Artist statement

The artist statement must be written in the submission box on the Teenage Handbook website. It cannot be over 500 words. You may not need as many words in your Artist statement if you submit an essay or story. However, for media other than an essay or story, the artistic statement is as important as the artistic creation.