

## **Key rules**

1. Your work should be productive to help you or other teens. The work may help you convey your feelings or emotions about an issue. It may give advice to other teens, be a call to action or suggest teens to ask for help. It may seek to create empathy about an issue or group. Or it may be used to encourage further thought about a controversial or sensitive issue.
2. Copyright material of any kind, including music, sounds or clips, are prohibited
3. Derogatory or inappropriate content or language used in an unacceptable way may immediately disqualify your entry.
4. In order for maximum fairness for each contestant, one submission per person is allowed. The submissions are separated from Middle Schoolers (Grades 6th-8th) and High Schoolers(Grades 9th-12th)