

## What a Healthy Relationship looks like to me

### A video competition sponsored by FSA Prevent Child Abuse of Howard County

#### Contest Information

High school and middle school students are asked to prepare a short video which will dramatize the qualities/benefits of healthy relationship. Choose from the following:

- Write a short story that displays a healthy relationship.
- Share how a relationship has helped improve your mental health during the past year
- Describe the difference between a healthy and unhealthy relationship

Students can choose the video format that best communicates the message including short feature, music video, animation, etc. The video should be one minute or less.

#### Who Can Apply?

All students attending high school and middle school in Howard County are eligible. Entries can be single or group entries but groups cannot exceed three members.

#### Winning Videos

The following prizes will be awarded: 1<sup>st</sup> place \$200 2<sup>nd</sup> place \$100 3<sup>rd</sup> place \$50. All finalists will be notified. The top three finalists will be announced and selected videos will be shared at the Prevent Child Abuse Annual Conference during April 2023. The teacher sponsoring the winning video will receive \$200 to use in the classroom.

#### Contest Guidelines

- Videos should address the qualities of a healthy relationship
- Videos should be one minute or less
- Videos should be submitted in an email to: [grubers@fsahc.org](mailto:grubers@fsahc.org)
- An official copy of the contest entry form must be attached to the entry email
- A talent release form must be completed by any person appearing or speaking in the video and must also be signed by a parent if the talent is under 18 years of age. The form(s) should also be submitted with the entry.
- Videos should include the tag line: "This message sponsored by FSA Prevent Child Abuse of Howard County"
- Videos, entry forms, and talent release forms must be submitted by email ([grubers@fsahc.org](mailto:grubers@fsahc.org)) by 5 pm Mar. 9, 2023.



Additional copies of entry forms are available at:

<http://fsahc.org/programs/prevent+child+abuse+howard+county/5#contest>