March is National Developmental Disabilities Awareness Month

"Plan For Tomorrow, Act Today!" DD Awareness Month Contest



The Arc of New Jersey

THE NEW JERSEY SELF-ADVOCACY PROJECT

Developmental Disabilities Awareness Month is an opportunity to promote respect for people with intellectual and developmental disabilities (IDD) and to educate others about the abilities people with IDD possess. Each year, NJSAP hosts a Developmental Disabilities Awareness Month contest. The theme of this year's contest is "Plan for Tomorrow, Act Today".

From February 1st - February 28th participants are invited to submit a short 3-5 minute video that incorporates the theme of this year's campaign. The videos will be placed on NJSAP's social media platforms (YouTube, Facebook, Instagram, Bluesky, and Twitter/X). Everyone is then invited to share their video and gather likes during the month of March. The top 3 posts with the highest amount of 'likes' on March 28th will be selected as the winners of this campaign. Winners will be announced and celebrated publicly at our Spring Luncheon on April 4th, 2025.

How Do I Get Involved?

From big gestures like visiting legislators and speaking up about issues that impact your community, to small gestures like choosing what to wear in the morning, advocacy takes on many different forms. For this contest, show us what advocacy means to you and what it looks like in your life. What actions have you taken to make a brighter future for self-advocates? How can you act today to create a better tomorrow?

1. **Develop a creative and memorable video that incorporates the theme of this year's campaign: "Plan for Tomorrow, Act Today".**

2. **Fill out the form below and submit your video by Feb. 28. The submissions will be posted on our website and social media pages to garner "likes" for voting on March 3-28, 2025.**

Contest Rules

- **Videos must be under 10 minutes long.**
- **You must fill out both the form below and the Media Release Form.**
- **Once the forms are received, you will get a link to submit your video.**
- **Follow the above theme, "Plan for Tomorrow, Act Today".**
- **Any background music cannot violate copyright laws, please submit original content only.**

Please visit **our website** for more information.

Helpful Tips

- The more you share, the more you can gather 'likes' to win.
- Vertical videos tend to perform better on social media.
- We know some people are uncomfortable being shown on social media. You do not need to show faces. The video could be voices, words on the screen, or lyrics. Be creative and think outside the box!

Contest Timeline

1. Enter your submissions anytime between February 1st - February 28th.

2. Voting will take place March 3rd - March 28th.

3. Winners will be notified March 31, 2025.

4. Winners will be publicly announced at our virtual 18th Annual NJSSAN Spring Luncheon on April 4, 2025. **Join us to celebrate their win!**

Official Entry Form*

"Plan for Tomorrow, Act Today!"
DD Awareness Month Contest

Individual or Group Name: _____

Contact Person: _____

Address: _____

Phone: _____ **E-mail:**_____

A brief description of your video:

***PLEASE NOTE:** In order to submit, the **MEDIA RELEASE FORM** below must be included with your submission packet. Separate release forms must be submitted for each individual who appears in the video.

Please e-mail your entry form to: FBayak@ArcNJ.org.
A link to submit your video will be sent to you.

Please visit our website for more information.

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Media Release Form

The Arc of New Jersey reserves the right to use the videos submitted for the purpose of this contest for archival, advertising, promotional, and other such purposes.

I understand that by appearing in or submitting a video, I grant The Arc of New Jersey irrevocable permissions:

1. I give my full permission to use, publish or submit on social media any video of me that is submitted for the purposes of participating in the Developmental Disabilities Awareness Month Contest.
2. I give permission for the use of my name and/or photograph(s) or other recording(s).
3. I waive compensation for any use of my name and/or photograph(s) or other recording(s).
4. I release and discharge The Arc of New Jersey and its agents from any and all claims and demands arising out of or in conjunction with the use of photograph(s) or other recording(s) described herein, including, without limitations, any and all claims for libel or invasion of privacy.

Signature below indicates that the participant (or his/her parent or legal guardian) has read all of the above and fully understands the terms and conditions herein.

Participant Name (please print) _____

Signature _____ Date _____

Signature of a parent or legal guardian is required if participant is under 18 or unable to contract his or her name. Please include printed name of participant above.

Name of Parent or Guardian (please print) _____

Signature _____ Date _____

Please visit our website for more information.