March is National Developmental Disabilities Awareness Month

"This is What Self-Advocacy Looks Like" 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 "This is What Self-Advocacy Looks Like".

Starting in February, participants are invited to create a short 3-5 minute video that incorporates the theme of this year's campaign. The videos will be placed across NJSAP's social media platforms (Facebook, YouTube, Twitter, Instagram). Participants are invited to share their video and gather likes when submissions go live on March 25th. The top 3 posts with the highest amount of 'likes' on NJSAP social media pages by the deadline, April 5th, will be selected as the winners of this campaign. Winners will be announced and celebrated publicly at our Spring Luncheon on April 13th, 2024.

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. Have you advocated on an issue that is important to you? What kind of positive change have you seen from your advocacy work? Give us examples of why your voice is powerful and why others should advocate along with you!

1. **Develop a creative and memorable video that incorporates the theme of this year's campaign: "This is What Self-Advocacy Looks Like"**

2. **Fill out the form below and submit your video. Submissions will be posted on our website and social media pages to garner "likes" for voting March 25th - April 5th, 2024.**

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, "This is What Self-Advocacy Looks Like".**
- **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 5th - March 22nd.

2. Voting will take place March 25th - April 5th.

3. Winners will be notified on April 8, 2024.

4. Winners will be publicly announced at our virtual 17th Annual NJSSAN Spring Luncheon on April 13, 2024. **Join us to celebrate their win!**

Official Entry Form*

"This is What Self-Advocacy Looks Like"
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.