



**Doctors for Change (DFC) announce our 2018 Youth Art,
Creative Writing, Media and Photography Contest!
"Get Out & Play!"**

Doctors for Change (DFC) invites Houston area youths (grades K-12th) to enter our 2018 art, creative writing, photography, and video media contest with a chance to win one of several prizes!

The theme is "Get Out & Play!"

Tell us how does physical activity help your mind and body stay healthy?

Why is being active important to YOU?

What do you do when you get out and play?

All Houston-area youths are invited to participate!
Submissions will be judged on the following criteria:

- Creativity
- Written or visual impact
- Artistic merit
- Originality

Contestants have a chance to win gift cards and other exciting prizes. Winning pieces will be published on the DFC website and showcased at a DFC event. The winning pieces may also be used in DFC publications and promotional materials.

To enter, youths should send original artwork along with completed entry form to:

Youth Art Contest
Doctors for Change
P.O. Box 66568
Houston, Texas 77266-6568

Or electronic submissions can be made on the DFC website at: <http://tinyurl.com/DFCART2016>

Signed consent forms must accompany all entries. Please see official rules and regulations for additional details. Only individual entries will be accepted. All entries must be post-marked by **October 12, 2018**. Electronic entries must be received by midnight on this date. Winners will be selected by a panel of DFC members.

Doctors for Change (DFC) is a nonpartisan 501c3 organization made up of hundreds of physicians, physicians-in-training, nurses, social workers, and community members in the Houston area. We work to improve health care in TX through advocacy, education, and collaboration.



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Rules and Regulations

1. Entries can be submitted
 - a) Via **mail** to:
*Youth’s Art Contest
Doctors for Change
P.O. Box 66568
Houston, Texas 77266-6568*
 - b) Or **electronically** at:
<http://tinyurl.com/DFCART2016>
2. All entries must be postmarked or emailed by midnight **October 12, 2018**. This is the official end of the contest. Entries postmarked after this date will not be considered.
3. Youths may submit multiple individual entries in the contest. No group entries will be accepted. All Houston-area youths (**grades K-12th**) are invited to participate. Winning pieces will be published on the DFC website and will also be showcased at an upcoming DFC event. The winning pieces may also be used in DFC publications and promotional materials.
4. Entries may be submitted in *any* of the following languages/dialects: English, Spanish, Cantonese, Mandarin, Vietnamese, Korean, Arabic, Hindi, Russian, French, and Italian. If you would like to submit a piece in any other language, please contact info@doctorsforchange.org.
5. All pieces must be original with a title and pertaining to the theme “Get Out & Play!” The entry may not be a copy or duplicate of any previously published writing, art, media, or photography (no copying or tracing will be accepted). The entrant’s signature on the entry form is an acknowledgment of the originality of the work. The teacher’s, parent’s and/or guardian’s signatures on the entry form confirm that the work was done under his/her supervision and is original to the student. The parent/guardian must sign where indicated on the entry form. The purpose of this contest is to convey messages to students and families on how important healthy lifestyles are – how important it is to maintain a healthy mind and body.
6. Children with special needs may have assistance from their teachers, parents or guardians to help with their entry. If assistance is given, please note this on the entry form.
7. All participants must be students attending a public or private school or be homeschooled.
8. If entries are submitted by mail, they must be no larger than approximately *twelve (12") by sixteen (16") inches*. The size should not include a mat or border. *Entries must not be framed, under glass, or have a protective covering that is attached to the art.* Art entries may be drawn in any medium (colored pencils, crayons, water color, colored markers, pastels and cut-out colored paper are acceptable). Art entries must not exceed 1/4" in thickness. There is a **500 word limit** on creative writing entries.

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9. Please limit video media entries to **less than five (5) minutes**. Videos should be uploaded onto YouTube. Please do not send media files electronically. Copy and paste the hyperlink into the online entry form or write it on the paper entry form.
10. For entries submitted by **mail**, a completed, legible entry form and consent form must be attached with a paper clip to the entry.
11. For entries submitted via the **Online Entry Form**, consent forms with parent signature must be attached or the entry will not be accepted. Creative writing entries must be submitted as a .doc file; visual art must be JPEG with 330 ppi resolution; video media must be uploaded onto YouTube with hyperlink provided.
12. Judges will be looking at: creativity, written or visual impact, artistic merit, and original concept. Winning entries will be selected by a panel of DFC members. By signing the consent form, entrants agree to abide by the rules and regulations of this contest and acknowledge that in the event of a disagreement, the judges' decisions are final.
13. The following are *not* eligible for prizes but may enter the contest: relatives of DFC members. Their entries are eligible for being featured on the DFC website and in DFC publications and promotional materials.
14. Entries submitted independent of a school need not include a teacher's name or contact information.
15. DFC retains ownership of all artwork entered in the 2018 art, creative writing, media and photography contest, and may use the entries in promotional materials such as, but not limited to, cover designs, public information materials and exhibits. DFC will use the entries to promote greater public awareness of the importance of healthy lifestyles for children.
16. Doctors for Change is not responsible for loss or damage to entries.
17. Doctors for Change reserves the exclusive right to authorize the reproductions of all entries in any form (including: stamps, prints, calendars, greeting cards, fact sheets, brochures, fliers, posters, report covers, books, etc.), and to photograph the winning designs without compensation to entrants.
18. Doctors for Change has the right to use the winners' first names, ages and grade level for promotional purposes without compensation to entrants.
19. *Doctors for Change will not return entries.*
20. Winners and/or their schools will be notified by Fall 2018.
21. Entries that do not comply with the contest requirements will be disqualified.

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