

March is National Developmental Disabilities Awareness Month

"Welcome to Self-Advocacy" Contest



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, The Arc of New Jersey and NJ Self-Advocacy Project (NJSAP) host a Developmental Disabilities Awareness Month outreach event. The theme of this year's event and design contest is "Welcome to Self-Advocacy".

Starting March 1st, 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. The top 3 posts with the highest amount of 'likes' by the deadline, March 31st, will be selected as the winners of this campaign. Winners will be announced and celebrated publicly at our Spring Luncheon on April 15th, 2023.

How Do I Get Involved?

Utilize the theme to create a work that welcomes newcomers to the self-advocacy movement. What does self-advocacy mean to you? Dig through your knowledge and experience of being a self-advocate and offer up a piece of advice to people who may be unfamiliar with self-advocacy.

How can speaking up improve lives?

1. Develop a creative and memorable video that incorporates the theme of this year's campaign: "Welcome to Self-Advocacy!"
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 during the month of March.

Contest Rules

- Videos must be under 10 minutes long.
- To submit, you must fill out the form below and Media Release Form.
- Once the form is filled out you will receive a link to submit your video.
- Include in your video the phrase "Welcome To Self-Advocacy".
- Any background music cannot violate copyright laws, please submit original content only.

Please visit [our website](#) for more information.

Helpful Tips

- The earlier you submit, the more time you will have to 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 from now until March 30th. The earlier you submit, the more time you have to collect votes!
2. Voting will take place throughout March 2023.
3. Winners will be notified by April 3, 2023.
4. Winners will be publicly announced at our virtual 17th Annual NJSSAN Spring Luncheon on April 15, 2023. **Join us to celebrate their win!**

Official Entry Form*

"Welcome to Self-Advocacy" 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.



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** _____