

## CONTEST OPTION #2

# MEDIA CONTEST

This contest is a great way for middle school youth to demonstrate their creative abilities, show why mental health is important to them and ways to 'Break the Stigma.' It is okay to talk about mental health and do things to take care of our mental health.

**\$100 PRIZE to the TOP THREE ENTRIES!!**

### Contest Criteria

1. Must address the theme: 'Break the Stigma'  
#YouthMentalHealthMatters.
2. Entry must be in the form of media (photograph, poster, 30-second video, essay, poem, song, dance, artwork, etc).
3. Must be a youth in grade 6th, 7th, or 8th.
4. Must live in Roanoke City, Roanoke County, Salem City, Craig County, or Botetourt County.
5. Youth must produce all entries on their own. Judging is based on quality of artwork, originality, creativity, and neatness.

**Individual and group entries accepted.**

**ALL ENTRIES DUE BY 11:59pm ON 2/29/24**

Email submissions to [slythgoe@brbh.org](mailto:slythgoe@brbh.org) or submit [HERE](#)



\*Late entries will disqualify someone from entering to win a prize.\*