

Promoting Healthy Relationships

Planning an Awareness Week for Your School



FEBRUARY

Presented by the
Utah Healthy Relationships Taskforce

Letter to Principal & Administration

Dear Principal and School Administrators,

We are excited for you and your students to plan and hold a Healthy Relationships Week at your school!

Nationally, February is Teen Dating Violence Awareness Month. This year, the Utah Healthy Relationships Taskforce decided to put a more positive spin on the month and encourage you to promote healthy relationships. Relationships are a major part of everyone's lives, especially for teens. They have relationships with family and friends and might be thinking about forming dating relationships. It is important to understand how to have a healthy, positive relationship and to recognize warning and danger signs in an unhealthy relationship. Learning what behaviors are appropriate, as well as deciding what's important in a relationship, will help teens (and adults) avoid unhealthy relationships and even potentially violent situations. Dating violence is more common than many people think – 1 in 3 teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults. Utah is no exception and we need your help to let everyone know they deserve a safe and healthy relationship!

This guide will help students educate students about healthy relationships. It contains information to help teens plan and coordinate a Healthy Relationships Week at your school. We recommend passing this guide along to student leaders at your schools – student government, interested volunteers, student clubs, etc.

In this guide, you will find:

- a "how-to" for organizing your Healthy Relationships Week;
- educational information on healthy and unhealthy relationships;
- tips and ideas for making your week a success;
- possible activities that you could host during your week; and
- a list of resources for more information.

Your school is encouraged to choose a week in February to promote healthy relationships. Schools all across Utah will be getting involved throughout the month!

We hope you find this guide helpful in your efforts to educate, inform, and assist students as well as to make progress towards eliminating teen dating violence. Please feel free to call us if you have any questions or need any help in conducting a successful Healthy Relationships Week!

In Partnership,

The Utah Healthy Relationships Taskforce

Contact: Megan Waters

Utah Department of Health

mewaters@utah.gov

(801)538-6626

Letter to Student Leaders

Dear Student Leaders,

We are excited for you to plan and hold a Healthy Relationships Week at your school!

Nationally, February is Teen Dating Violence Awareness Month, and we've decided to put a positive spin on it and encourage you to promote healthy relationships. As teens, relationships are a major part of your life – family, friends, and maybe dating partners. It is important to understand how to have a healthy, positive relationship and to recognize warning and danger signs in an unhealthy relationship. Learning what behaviors are appropriate, as well as deciding what's important to you in a relationship, will help you avoid unhealthy relationships and even potentially violent situations. Dating violence is more common than many people think – 1 in 3 teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with. Utah is no exception and we need your help to let everyone know they deserve a safe and healthy relationship!

This guide will help you educate other students at your school about healthy relationships. It contains information to help you plan and coordinate a Healthy Relationships Week at your school.

In this guide, you will find:

- a “how-to” for organizing your Healthy Relationships Week;
- educational information on healthy and unhealthy relationships;
- tips and ideas for making your week a success;
- possible activities that you could host during your week; and
- a list of resources for more information.

You and your school are encouraged to choose a week in February to promote healthy relationships. Schools all across our state will be getting involved throughout the month!

We hope you find this guide helpful in your efforts to educate, inform, and assist students as well as to make progress towards eliminating teen dating violence. Please feel free to call us if you have any questions or need any help in conducting a successful Healthy Relationships Week!

In Partnership,

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(801)538-6626

Organizing a Healthy Relationships Week

The steps:

1. Organize a Healthy Relationships Week committee. Committees can consist of student government officers, peer leaders, members of student organizations/clubs, or anyone interested and willing to be a leader.

2. Select a Staff Resource person to help coordinate. You know better than we do who this person should be, but student organization advisors, school counselors, or interested staff/faculty members all make great choices!

3. Determine your school's goals for the campaign. Examples:

- a. Educate school about qualities of a healthy relationship.
- b. Educate school about how to be an active bystander.

4. Select your week during the month of February. We encourage all Utah schools to participate in a healthy relationships week during the **LAST WEEK of February**, but if that week doesn't work for your school, pick another week! Perhaps there's already a dance planned for a Friday during February and you want to coordinate your event. Or your school is very prepared and you want to do it right away. Pick the week that works best for your school.

5. Plan activities for the week. Decide on activities and plan a timeline for your week.

6. Get approval. Identify any activities that may need administrative approval or support and approach administration right away!

7. Talk to faculty about the Healthy Relationships Week and your ideas for activities to get feedback and support.

8. Decide what supplies you may need to carry out the activities.

9. Contact local community organizations that could help present information about healthy relationships. See the end of this guide for potential community organizations that you can contact for help.

10. Advertise about the week to students, teachers, and staff. You may be able to organize publicity through your school paper, website, announcements, etc.

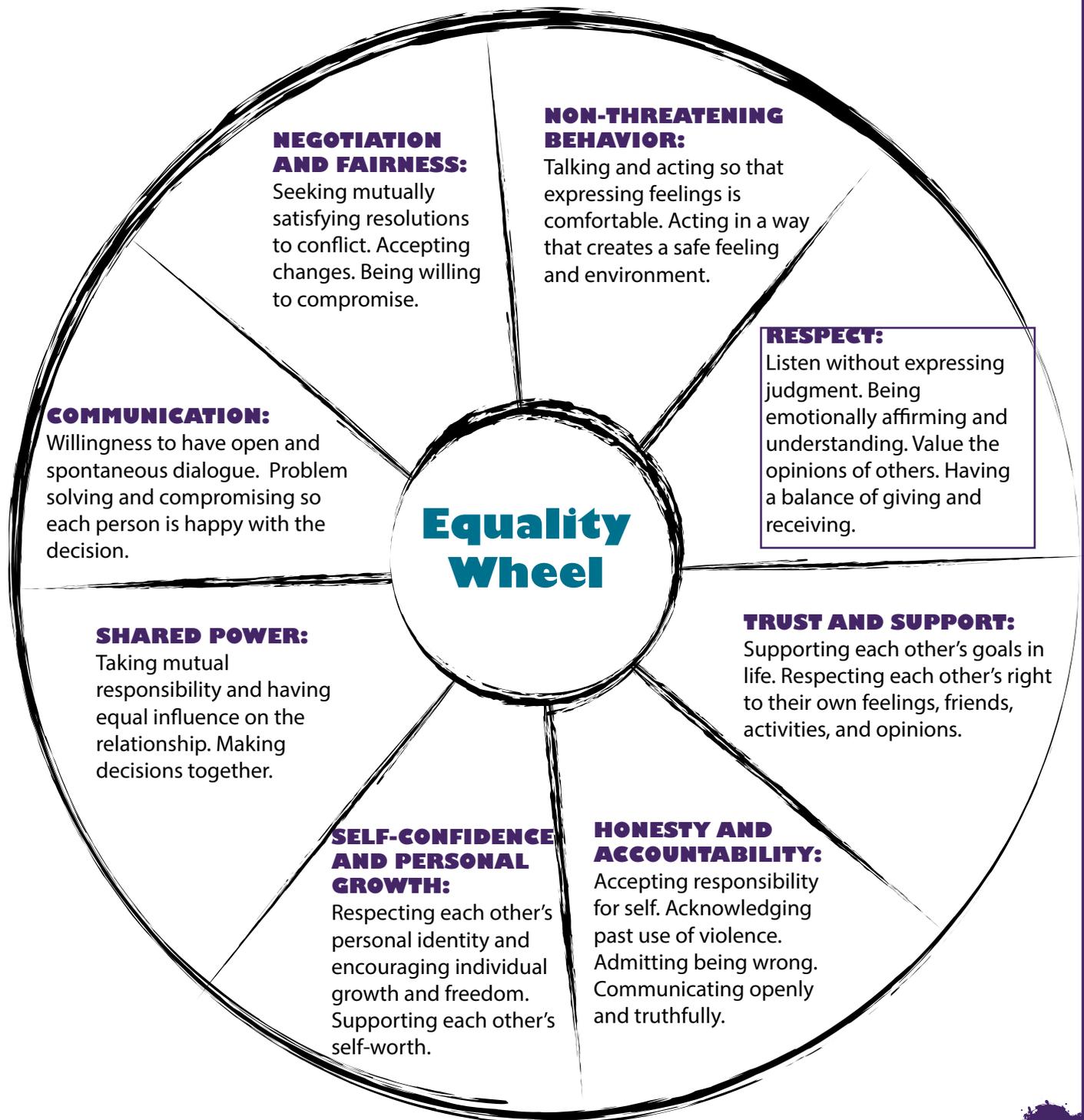
11. Complete any last minute preparations before the Healthy Relationships Week.

Healthy Relationships 101

The following information can be used and presented however your committee decides. It has been provided to help you and your peers learn about the qualities that make a healthy relationship and to identify warning signs of abuse.

The Equality Wheel below includes some qualities to look for in a healthy relationship, as well as strategies to help foster those qualities.

Equality Wheel



Healthy Relationships 101

Dating violence is more common than people think. Dating violence includes physical abuse, emotional/verbal abuse, sexual abuse, financial abuse, digital abuse, and stalking. It can have serious long- and short-term effects. Many teens do not report dating violence - can you think of some reasons why?

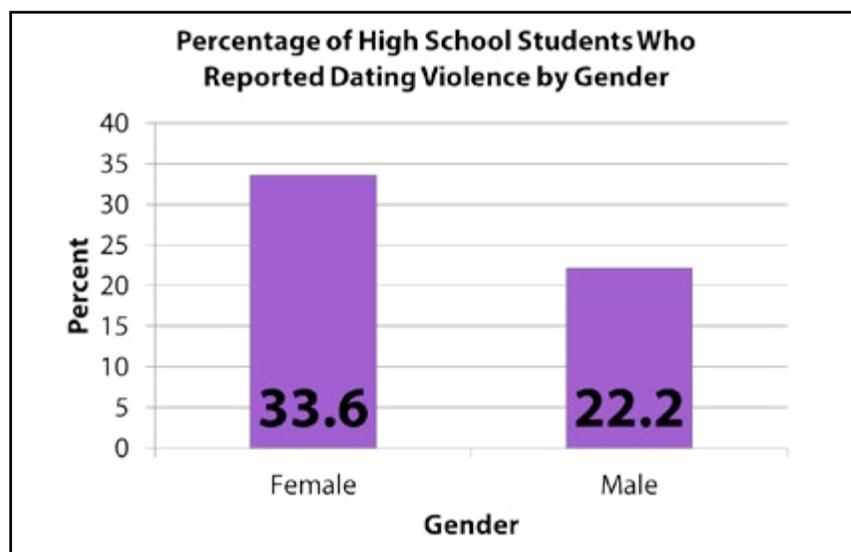
Below you will find some statistics from Utah teens about experiences with violence. Also listed below, you will find some unhealthy relationship behaviors. Learn to recognize and avoid these unhealthy behaviors in your relationships before violence occurs.

The stats:

- 21.9% of Utah high school students were bullied on school property.
- 16.8% were electronically bullied.

Among Utah teens who dated or went out with someone during the past 12 months:

- 22.7% of students reported being verbally or emotionally harmed one or more times.
- Females were more likely to report being verbally or emotionally harmed one or more times compared to males.
- 6.9% of students reported being physically hurt on purpose.
- 10.7% reported being forced to do sexual things they did not want to do.
- Overall, 27.9% of high school students who dated or went out with someone during the past 12 months reportedly experienced dating violence.



(From the 2013 Utah Youth Risk Behavior Survey (YRBS))

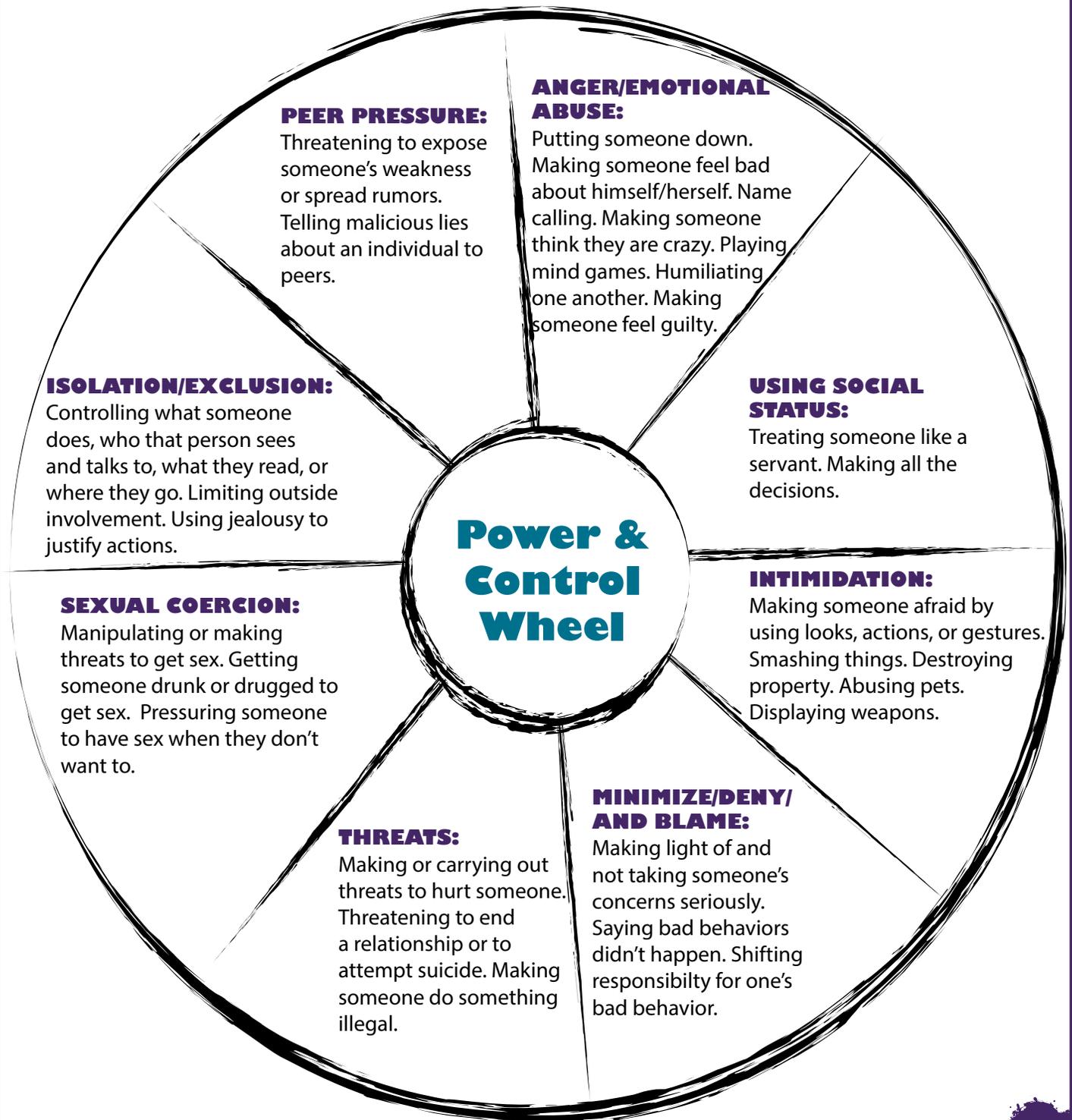
Unhealthy behaviors might include:

- Checking cell phone or email without permission
- Constantly putting partner down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating partner from family or friends
- Making false accusations
- Mood swings
- Physically hurting partner in any way
- Possessiveness
- Telling partner what to do or wear
- Pressuring or forcing partner to have sex or engage in sexual activity

Healthy Relationships 101

The Power & Control Wheel shows how misusing power and control within a relationship can result in unhealthy behaviors.

Power & Control Wheel



Technology & Healthy Relationships

Technology is a huge part of our lives and it doesn't seem to be going away so we might as well learn how to use it safely and positively, and help our friends and peers do the same.

Texting

Texting too much might be a warning sign of unhealthy behaviors - it might be nice to keep in touch throughout the day, but constant contact can be a sign of controlling behavior, especially if text messages are being used to monitor who you're with and where you're going. Set some healthy boundaries with your partner about texting!

Sexting

If your partner is pressuring or forcing you to send inappropriate pictures or messages, or if they are breaking your trust by threatening to share your photos or texts, these are abusive behaviors. It's important to note that sexting can have legal consequences - any nude photos or videos of someone younger than 18 could be considered child pornography, which is illegal to own or distribute.

Social Media

Staying healthy on social media is important, too! You have a right to not experience harassment or digital abuse while online or on your social networking platforms.



TIPS

- Set healthy boundaries with your partner for texting; respect your partner's boundaries.
- Discuss boundaries and limits with your friends for social media - if you're not comfortable being tagged in something, speak up.
- It's OK to turn off your phone. It's OK for your partner to turn off their phone.
- It's OK to keep your passwords private. It's OK for your partner to keep passwords private.
- Avoid responding to hostile, harassing, abusive, or inappropriate texts or messages.
- Only post things you want to share with the public.
- Get consent from those involved before posting on social media.

Warning Signs of Unhealthy Relationships

Recognize the warning signs of an unhealthy relationship in your friends & peers!

The following list is meant to help you understand some potential warning signs or red flags to look out for that might indicate someone is in an unhealthy relationship. If you think you or a friend might be in an unhealthy relationship, there are resources available to you. Go to the end of this guide for national, statewide, and local resources that can help.

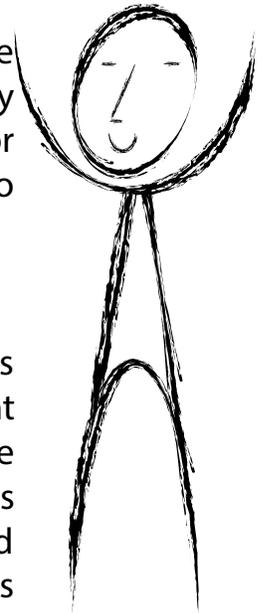
-  **Problems with school attendance, particularly if this is new for the person.**
-  **Lack of interest in extracurricular activities they used to like doing.**
-  **Sudden request for a change in schedule.**
-  **Unexplained changes in behaviors, grades, or quality of schoolwork.**
-  **Noticeable change in weight, demeanor, or physical appearance.**
-  **Isolation from friends or former friends.**
-  **Limited social contact with anyone but the dating partner.**
-  **Unexplained bruises or injuries.**
-  **Making excuses or apologizing for the dating partner's inappropriate behavior.**
-  **New disciplinary problems at school, like bullying other students or acting out like they wouldn't have before.**
-  **Name-calling or belittling from a dating partner.**

Can you think of any other behaviors that might be warning signs?

Bystander Intervention Tips

What's a BYSTANDER?

Bystanders are individuals who observe violence or witness the conditions that perpetuate violence, both in-person and digitally. They are not directly involved but have the choice to intervene, speak up, or do something about it. Bystanders potentially can be in a position to discourage, prevent, or interrupt an incident of violence.



BYSTANDER INTERVENTION is when a bystander feels empowered, knowledgeable, and has the skills to effectively help prevent violence. Intervening should NOT be dangerous to the bystander(s). We can do our part to prevent violence by helping to establish environments where healthy and positive relationships are the norm and comments and behaviors that lead to violence are not tolerated. Speaking up for others can be a really hard thing to do, but the actions of a helpful bystander send a message that the behavior is not OK. It also lets other bystanders know that they can speak up too!



The continuum shows a range of behaviors from healthy to unhealthy, and even abusive. Think about the multiple ways there are to either say or do something within each category. There is no one right answer for how to be a helpful bystander.

**What are some reasons people DON'T get involved?
Why DO people get involved?**

Bystander Intervention Tips

5 Steps to Take Action

1. Recognize the event as something that may lead to violence.
2. Consider whether the situation demands your action.
3. Decide if you have the responsibility to act.
4. Choose what form of assistance to use.
5. Understand how to implement the choice safely.

(Adapted from the National Sexual Violence Resource Center)

What can I do?

In order to safely intervene, think about the following strategies and which will work best for you in your situation.

>DIRECT

- “Are you OK?”
- “Are they bothering you?”
- “Hey, knock it off!”
- “That’s not cool.”

>DELEGATE

- Call the police.
- Get a group together to intervene.
- Help the person get out of the situation.

>DISTRACT

- “I’ve been looking everywhere for you.”
- “We have to hurry and meet our other friends.”
- “I’m tired. Can you walk me home?”

(Adapted from Green Dot)

If you think a friend might be in an unhealthy relationship or has experienced violence:

- Reach out to the friend; tell them you’re concerned and want to help.
- Be supportive.
- Listen without judgment.
- Acknowledge their feelings and respect their decisions.
- Assure them that abuse and violence are not “normal” and that whatever happened is not their fault.
- Help your friend connect to resources in the community.
- Do **not** contact the abuser or publicly post negative things about them online.

(Adapted from loveisrespect.org)

If you see or hear something, say something. Be a helpful bystander by standing up and speaking out!

Activity Ideas

How to Get a Date: Play the dating game by having students at a table with buzzers. Ask questions related to the do's and don'ts in dating and social life.

Texting Competition: Give 30 seconds for students to text the phrase "Healthy Relationships" and send it to judges.

Anonymous Box: Have a box posted where people can write their own healthy dating experiences. Share stories with the school and encourage others to contact helpful resources.

Healthy Relationships Media Contest: Encourage students to participate in the Utah Healthy Relationship Taskforce's healthy relationships media contest. There are 3 categories - Videos/Film, Visual Arts/Photography, and Written Works (essays, poems, lyrics, etc.). Display entries around your school.

***See Media Contest information at the end of this guide.*

Door/Locker/Hallway Decorating: Conduct a "healthy relationships" decorating contest; students can decorate a door or locker in the school or students can team up to decorate a hallway in the theme of healthy relationships. To encourage student body awareness/participation, the student body can vote on their favorite door.

Poster Display: Students can create a poster that supports Healthy Relationships Week. Hang posters in the hallways. Have faculty, students, or some other group vote on which poster best promotes healthy relationships.

Sidewalk Art: Give clubs, classes, or students the opportunity to express what healthy relationships mean to them by drawing on the sidewalks around the school, or if it's too cold, on large poster paper inside.

Sound Track: Make a sound track with songs that promote healthy relationships.

Speak Up: Host a roundtable or panel to discuss issues related to healthy and unhealthy relationships.

Anti-violence Pledge and Banner Signing: Have a giant banner available that students can sign, pledging to help prevent teen dating violence and promote healthy relationships.

Dance for Healthy Relationships - Host a school dance with the theme of promoting healthy relationships. Maybe your school already has a dance scheduled - see if you can collaborate and make healthy relationships a theme.

Activity Ideas

Jar of Candy: Guess the number of candy in a jar. Have the right number relate to a statistic about teen dating violence.

Karaoke: Have fun singing to some of the latest hits that encourage healthy relationships. Give out awards for “Best Pop Star” or “American Idol” etc.

Purple (or Teal) Day: Designate a day that students should wear a purple shirt or pass out purple ribbons. You can also choose to wear teal, if purple is problematic (i.e. your rival school wears purple!) Encourage students to wear their color to the school’s basketball game that night.

Healthy Relationships Headbands: Have students make their own headbands or armbands out of purple or teal fabric. If you want to get creative, have supplies for decorating. This is also a fun thing to have visible at the basketball games.

Trust Games: Play different trust games such as leading someone through a maze or having a trust fall if your school allows it.

Booths: Set up a booth and hand out information to promote healthy relationships.

Morning Announcements: Each morning have a representative share a thought/quote/message that provides insightful information regarding healthy relationships.

Name that Tune: Play songs over the intercom that promote healthy relationships. The first students to come into the office with the right song title get a prize.

School and Public Awareness: Post a sign on your marquee for the community to see that February is Teen Dating Violence Awareness Month/Healthy Relationships Month and which week your school will be celebrating.

***We encourage all schools to host their week during the last week of February.*

Body Posters: Have a cut-out poster or cardboard person. Write qualities that one should look for in a healthy relationship and qualities that make someone a good dating partner, a good friend, and helpful bystander.

Walk in their Shoes: Have footprints with facts or stories, lead to body posters.

Bystander Training: Contact your local resources to organize a bystander training for your school.

***These are just suggestions; you should choose activities that are the best fit for your school. Activities that encourage team- and community-building, as well as respect, are great for promoting healthy relationships.*

Sample Healthy Relationships Week

MONDAY

- Morning announcements: introduce the week's goals and planned activities.
- Healthy Relationships Week booths at lunch: display information, encourage participation in the media contest, and activities
- Door/locker/hallway decorating

TUESDAY

- Morning announcements: share a message about healthy relationships and advertise Tuesday's activities.
- Lunch activities: pick activities from the list on pages 11 & 12.
- Host a roundtable discussion right after school.

WEDNESDAY

- Morning announcements: share a message about healthy relationships and advertise Wednesday's activities.
- Lunch activities: pick activities from the list on pages 11 & 12.
- Name That Tune - healthy relationships style.

THURSDAY

- Wear purple or teal day!
- Morning announcements: share a message about healthy relationships and advertise Thursday's activities.
- Host a bystander intervention training.
- Make headbands for the game after school and sign a pledge banner.
- Show off your healthy relationships spirit at the game!

FRIDAY

- Morning announcements: share a message about healthy relationships and advertise Friday's activities.
- Body posters (page 12).
- Healthy relationships dance and sign the pledge banner!

Who Can Help?

FOR HELP 24/7 CALL

Utah Domestic Violence LINK Line: 1-800-897-5465

Utah Rape and Sexual Violence Crisis Line: 1-888-421-1100

Statewide Resources:

Utah Healthy Relationships Taskforce

Utah Department of Health, Violence & Injury Prevention:

(801)538-6864

<http://health.utah.gov/vipp/>

Utah Coalition Against Sexual Assault (UCASA)

(801)746-0404

<http://www.ucasa.org/>

Utah Domestic Violence Coalition

(801)521-5544

<http://udvc.org/>

Prevent Child Abuse Utah

(801)393-3366

<http://www.preventchildabuseutah.org/>

Men's Anti-Violence Network of Utah (MAN)

<http://www.manutah.org/>

Additional Resources:

National Sexual Violence Resource Center www.nsvrc.org/

Stop Sexual Violence <http://www.health.ny.gov/publications/2040>

Love Is Respect <http://www.loveisrespect.org/>

Choose Respect <http://chooserespect.engagethecrowd.com/>

One With Courage Utah <http://onewithcourageutah.org/>

No More Campaign <http://nomore.org/take-action/preventviolence/>

That's Not Cool <http://thatsnotcool.com/>

See the Local Resources page for victim advocates and prevention educators in your area!

STAND UP. SPEAK OUT.

Media Contest

for
**HEALTHY
RELATIONSHIPS**

CATEGORIES:

- Visual Arts 
- YouTube Videos
- Written Works

DATES:

OPEN: January 1, 2016 

CLOSE: February 29, 2016



**OPEN TO ALL
UTAH YOUTH
IN GRADES 6-12**

Prizes!

FOR QUESTIONS & SUBMISSIONS:

Megan

mewaters@utah.gov

(801)538-6626 

Learn more:



Presented by the Utah Healthy Relationships Taskforce

PONTE DE PIE.

ALZA TU VOZ.

Concurso de Artes

Visuales

CATEGORIAS

-Arte

-Videos de YouTube

-Obras Escritas

para

**RELACIONES
SANAS**

FECHAS

EMPIESA: Enero 1, 2016

TERMINA: Febrero 29, 2016

**ABIERTO A TODOS
LOS JOVENES DE
UTAH EN LOS
GRADOS 6-12**

Premios!

PARA PREGUNTAS Y ENTEGRAR PROYECTOS: Aprende Mas

Megan

mewaters@utah.gov

(801)538-6626



Presentado por Utah Healthy Relationships Taskforce

Stand Up. Speak Out.
For Healthy Relationships.
Utah Healthy Relationships Taskforce 2016 Media Contest
Contest Details & Media Release Form

Name of Student: _____ **Name of School:** _____
Address: _____ **Phone #:** _____
City: _____ **State:** _____ **Zip:** _____
E-mail: _____ **Category:** _____

To enter: Email, snail mail, or hand-deliver to
Megan Waters
mewaters@utah.gov
(801)538-6626

by 5:00 pm Monday, February 29, 2016

Categories:

Visual Arts: drawings, paintings, posters, photographs, etc.

YouTube Videos: PSAs, music videos, etc. (Videos may not exceed 3 minutes)

Written Works: songwriting, poetry, short story, etc. (Must not exceed 500 words)

Media pieces should demonstrate how you think we can “stand up and speak out” to promote healthy relationships in our communities and schools and help friends and peers when they are in potentially unhealthy relationships. Students are encouraged to submit a description of their media piece. This helps the judges get a feel for the thought process and work the student put into media piece.

For more information please visit: <http://health.utah.gov/vipp/teens/dating-violence/>

Rules:

- Eligibility: students grades 6-12
- All entries must be uploaded/mailed/delivered to the contact person listed (above) on this document.
- All Visual Arts entries submitted electronically should display the artist’s name somewhere in the picture for verification.
- All work must be submitted by 5:00 pm Monday, February 29, 2016.
- All entries must be original works. More than one student can be involved in the project, but only one student can submit the project and be eligible for the prizes. Every participant involved must submit a media release form. An adult may not alter the creative integrity of a student’s work. The program is designed to encourage and recognize each student’s individual creativity. Use of copyrighted material is prohibited. This includes the use of copyrighted cartoon characters, music or other such material.
- Your work, if chosen by the Utah Healthy Relationship Taskforce, may be altered and used as appropriate for advertising, posters, etc.
- One winner from each category will be selected following the close of the contest. There will be prizes for the winners of each category.
- Judging will be done by the Utah Healthy Relationship Taskforce.
- If the artist is under 18 years old, a parent must also sign this Media Release form.

Parents/Guardians:

The undersigned parent/guardian of said Student _____ hereby gives permission to the Utah Department of Health Violence and Injury Prevention Program (UDOH VIPP) to alter and publish said Student’s entry as appropriate for advertising. I understand that the said Student’s name, grade, and name of school may appear with the published version. I do further release and discharge the UDOH VIPP and its officers, employees, agents, and volunteers from and against any and all damages, complaints, cost and fees arising from said use of such work. I agree to refrain from instituting, pressing, or in any way aiding any claim, demand, action or cause of action for damages, cost, compensation, or fees against the same in connection with such use.

By signing below, I verify that I understand and agree to the above release.

Signature of Student

Signature of Parent/Legal Guardian
(Necessary if student is under 18 years)

All entries must be accompanied with this submission form with signature, for each individual involved in the production of the media piece.

Ponte de Pie. Alza tu Voz.
Para Relaciones Sanas.
Concurso de Artes Visuales 2016 del Utah Healthy Relationship Taskforce
Detalles del Concurso Y Formulario de Permiso

Nombre del Estudiante: _____ **Nombre de la Escuela:** _____
Domicilio: _____ **Número de Teléfono:** _____
Ciudad: _____ **Estado:** _____ **Código Postal:** _____
Correo Electrónico: _____ **Categoría:** _____

Para Participar: Correo electrónico, correo postal, o
entrego manual a

Megan Waters
mewaters@utah.gov
(801)538-6626

Antes de 5:00 p.m. Lunes, Febrero 29, 2016

Categorías:

Artes Visuales: dibujos, pinturas, cartel, fotografías, etc.

Videos de YouTube: comunicado de interés público, videos musicales, etc. (No exceder 3 minutos)

Trabajos Escritos: canción, poesía, cuento, etc. (No exceder 500 palabras)

Piezas deben demostrar cómo crees que podemos “alzarnos” para promover las relaciones sanas y saludables en nuestras comunidades y escuelas y ayudar a amigos y compañeros cuando están en relaciones potencialmente malsanas. Los estudiantes son alentados a presentar una descripción de la pieza. Esto ayuda a los jueces tener una idea del proceso de pensamiento y trabajo del estudiante.

Para más información por favor visite: <http://health.utah.gov/vipp/teens/dating-violence/>

Reglas:

- Elegibilidad: estudiantes de grados 6-12
- Todas sumisiones deben ser mandadas a la persona de contacta mencionado arriba.
- Todas sumisiones deben de tener el nombre del artista en la foto para poder verificar.
- Todo el trabajo tiene que estar presentado antes de 5:00 p.m., Lunes Febrero 29, 2016.
- Todos los proyectos tienen que ser trabajos originales. Más de un estudiante puede ser parte de un proyecto, pero solo un estudiante puede aplicar para presentar el proyecto y ser elegible para los premios. Cada participante del proyecto tiene que proveer un formulario de permiso. Un adulto no debe de alterar el proyecto de los estudiantes. El concurso esta designado a estimular y reconocer la creatividad del estudiante individual. Uso de trabajo protegido por los derechos del autor está prohibido. Esto incluye el uso de personajes de dibujos animados, música u otros tales materiales.
- Tu trabajo si es escogido por el Utah Healthy Relationship Taskforce, puede ser alterado y usado apropiadamente para publicidad y materiales.
- Un ganador de cada categoría será seleccionado después que se cierra el concurso. Va ver premios para cada categoría.
- Juzgar se hará por el Utah Healthy Relationship Taskforce.
- Si el artista tiene edad menos de 18 años, un padre o guardián tiene que firmar este formulario de permiso.

Padres/Guardians:

Los firmantes padres/guardianes del estudiante _____ da permiso al Utah Department of Health Violence and Injury Prevention Program (UDOH VIPP) para modificar y publicar esta sumisión del estudiante según quieran para publicidad. Entiendo que el nombre, grado y nombre de la escuela del estudiante pueden aparecer con la versión publicada. Yo descargo y alivio a UDOH VIPP y sus funcionarios, empleados, agentes y voluntarios de y contra cualquier y todos los daños, reclamaciones, gastos y honorarios derivados del uso de este trabajo. Estoy de acuerdo que voy a abstener de instituir, demandar, o en cualquier manera a cualquier reclamación, demanda, acción o causa de acción por daños y perjuicios, costos, compensación o cargos contra el mismo en relación con cualquier uso.

Al firmar abajo, verifico que entiendo y estoy de acuerdo con este permiso.

Firma del Estudiante

Firma del Padre/ Guardián Legal

(Necesario si el estudiante tiene menos de 18 años.)

All entries must be accompanied with this submission form with signature, for each individual involved in the production of the media piece.