  

**Paulding County Schools are having a friendly competition! Students are encouraged to design an ad/slogan to help reduce the stigma of mental health.**

**Overview:** We are inviting students in grades 6-12 to participate in a creative ad/slogan competition aimed at reducing the stigma surrounding mental health and promoting wellness. Whether through a poster, digital art, or written ad, your message can make a difference in how people view mental health. It’s time to start important conversations and build supportive, open-minded schools.

**Theme: Break the Silence, End the Stigma – Embrace Mental Health and Wellness**

**Objective:**

* Raise awareness about mental health and wellness.
* Break down the stigma associated with mental health challenges.
* Promote understanding, kindness, and support within the schools.

**Categories:**

1. Poster or Digital Art (JPG/PNG)
2. Written Ad or Slogan (Maximum 150 words)

**Rules & Guidelines:**

* Open to students in grades 6-12.
* Submissions must be original and created by the student(s).
* Submissions should reflect the message of supporting mental health and breaking the stigma.
* Keep language respectful and inclusive. No harmful or offensive content.
* The competition accepts digital art, and hand drawn/written entries.
* Submit your work by **April 18, 2025** via email to B\_Stoller@pauldingschools.org or paper/poster copy to your guidance counselor

**Prizes: Each school will have a 1st and 2nd place winner**

* **1st Place:** gift card + certificate of recognition + feature in school social media + compete at the county level
* **2nd Place:** basket of goodies + certificate of recognition + feature in school social media

**The 1st place winners will then compete with the 1st place winners from the other 2 school districts! Community members will decide the winner of the county competition. Winner of the county competition will win an additional gift card with possible placement of the winning entry on a billboard!**

**Judging Criteria:**

* Creativity and originality
* Relevance to the theme
* Message clarity and impact
* Overall presentation and quality

**How to Enter:**

1. Choose a category (poster/digital art, or written ad/slogan).
2. Create your submission based on the theme.
3. Submit your entry by April 18, 2025 to Mrs. Hammer’s office or email to hammer\_d@antwerpschools.org

**Need Inspiration?**  
Remember: You’re not alone, and everyone faces challenges in different ways. Your voice can change the way we think about mental health. For ideas, explore resources on mental wellness or talk to a school counselor!

**Don’t forget:**  
This is your chance to make a positive impact on the way people view mental health. Break the stigma, raise awareness, and help others understand the importance of wellness!

**For Questions, Contact:** Your school guidance counselor.