



# Protect Me With 3+



## Poster Submission Checklist

**Before you submit your poster, make sure you check for the following:**

### FORMATTING

- ☐ My poster is on a 8.5 x 11 single sheet of plain paper with no firm or rigid backing.
- ☐ My poster doesn't have paste-ons, stenciling, or tracing.
- ☐ My poster is **NOT** stapled to my submission form. (Please use paper clips.)
- ☐ I used only pens, pencils, colored pencils, markers, crayons, watercolor, acrylic paints, or original computer generated artwork to make my poster.

### CONTENT

- ☐ I only discussed **1** of the five vaccine categories in my video (COVID-19, Tdap, HPV, meningococcal ACWY OR flu).
- ☐ I included **1** fact directly from [www.protectmewith3.com](http://www.protectmewith3.com) and didn't use information from other websites on my poster.
- ☐ I wrote the statement "For more information go to [www.protectmewith3.com](http://www.protectmewith3.com)" on my poster.
- ☐ I wrote the statement "Get Vaccinated!" on my poster.

### SPELLING & GRAMMAR

- ☐ I checked my spelling and grammar on my poster carefully.  
(COVID-19, Tdap, HPV, meningococcal ACWY, influenza/flu)
- ☐ I asked my teacher and/or parent to check my spelling and grammar.

### COPYRIGHT

- ☐ I didn't include any copyrighted or trademarked material on my poster.
- ☐ I didn't use the brand name of any vaccines on my poster (example: Gardasil for HPV).

### GENERAL

- ☐ My poster is in English or Spanish.
- ☐ I didn't use any inappropriate, indecent, obscene, hateful, sexually inappropriate, or defamatory content on my poster.
- ☐ I've never submitted this poster in a different promotion or contest of any kind.

### LAST BUT NOT LEAST...

- ☐ I am submitting my poster on or before February 16, 2024.

**NOW YOU'RE READY TO SUBMIT YOUR POSTER!**



## **Protect Me With 3+ 2023-2024 Poster Contest Guidelines**

**Eligibility:** 5<sup>th</sup>-12<sup>th</sup> grade students who are New Jersey residents

**Format:**

1. Size: 8.5 x 11 single sheet of paper
  - a. No firm or rigid backing. Do not mount any posters.
2. Poster may be horizontal or vertical (landscape or portrait)
3. Artwork must be original:
  - a. No paste-on, stenciling, or tracing
  - b. No copyrighted materials
4. The following art materials may be used:
  - a. Pens, pencils, colored pencils, markers, or crayons
  - b. Watercolor or Acrylic paint
    - i. No charcoal, oil paints, pastels, chalk, glitter, or sand
    - ii. Please **do not staple** the poster to the submission form, use paper clips
5. Original computer-generated artwork will be accepted
6. Poster may be in color or black & white

**Requirements:**

1. The poster must cover only 1 of the vaccine categories (COVID-19, Tdap, HPV, Meningococcal ACWY, or Flu).  
*\*A poster covering more than one vaccine will be disqualified.*
2. The poster must contain at least 1 fact from <https://protectmewith3.com> such as
  - a. Why you need to be vaccinated
  - b. Facts about the disease(s) the vaccine prevents*\*Entries with information from other sources will be disqualified*
3. The poster must contain the statement: "For more information go to [www.protectmewith3.com](http://www.protectmewith3.com)"
4. The poster must contain the statement: "Get vaccinated!"

**Submission:**

1. Early Bird – Submit on or before January 12, 2024
  - a. If your poster is submitted by January 12, you will be entered into a drawing to win a \$20 gift card.
2. Open Registration – November 2023- February 16, 2024
3. Upload poster and application to [www.protectmewith3.com/submit](http://www.protectmewith3.com/submit) OR mail-in poster and application form to:

Protect Me With 3+  
50 Park Place  
Suite 700  
Newark, New Jersey 07102

**Note:** If you electronically submit your poster and are chosen as a finalist, you must mail your original poster to us for final judging. We will contact you and send you a pre-stamped envelope to assist with mailing.

**Entries will be judged on:**

- Creativity/ Originality
- Vaccination message
- Visual Effectiveness
- Overall appeal

If you have any questions, please email [PMW3@pmch.org](mailto:PMW3@pmch.org)

**GENERAL CONTEST RULES:**

1. Students must be residents of New Jersey.
2. A group of students may enter the contest, but prizes will be awarded per entry, not per individual participant.
3. Group entries should only be submitted one time by one group member (Team Captain).
4. Each student can only work on one entry, either as an individual or as a group.
5. Entries must be students' original work and contain no copyrighted material.
6. Entries can be in **English or Spanish**.
7. To ensure the most current information is used, entries shall **only use** the information provided on [www.protectmewith3.com](http://www.protectmewith3.com). Do not use information obtained from other organization websites.
8. Entries must focus on **one** vaccine.
9. All students under the age of 18, will need parent/guardian permission to participate.
10. If selected as a finalist, each participant involved in the creation of the poster will be required to complete the **Photo and Video Consent Form**.
11. All winners will be notified of their selection by e-mail.
12. Winners are encouraged to attend the Awards Ceremony to receive their prize.
13. All submissions will become the property Protect Me With 3+ and its sponsors. All rights for reproduction in all media including print, film, web, and/or video are assigned to the organizers and their sponsors to use as deemed appropriate for the goals of the contest and the Protect Me With 3+ campaign. Posters will not be returned.

**Entries must NOT contain:**

1. Spelling mistakes.
2. Information from other organizations/sources.
3. Information on more than 1 vaccine.
4. Brand names or trademarks of vaccines (example: Gardasil for HPV).
5. Material that violates or infringes another's rights, including but not limited to privacy, publicity, or intellectual property rights, or that constitutes copyright or license infringement.
6. Material that is inappropriate, indecent, obscene, hateful, defamatory, slanderous, or libelous.

7. Material that promotes bigotry, racism, hatred, or harm against any group or individual or promotes discrimination based on race, sex, religion, nationality, disability, sexual orientation, or age.
8. Material that is unlawful, in violation of, or contrary to the laws or regulations in any state where the entry is created.
9. Entries must not have been submitted previously in a promotion or contest of any kind or exhibited or displayed publicly.

**\*\*Any entry that does not follow contest rules will be disqualified. \*\***



# Protect Me With 3+



## Video Submission Checklist

**Before you submit your video, make sure you check for the following:**

### FORMATTING

- ☐ My video is no longer than 30 seconds long.
- ☐ My video is saved as an .AVI, .MOV, .MP4, MPEGPS, or .WMV file type.

### CONTENT

- ☐ I only discussed **1** of the five vaccine categories in my video (COVID-19, Tdap, HPV, meningococcal ACWY OR flu).
- ☐ I included **3** facts directly from [www.protectmewith3.com](http://www.protectmewith3.com) and didn't use information from other websites in my video.
- ☐ I either said or wrote as text the statement "For more information go to [www.protectmewith3.com](http://www.protectmewith3.com)" in my video.
- ☐ I either said or wrote as text the statement "Create. Educate. Vaccinate. Talk to your parents about getting vaccinated." in my video.

### SPELLING & GRAMMAR

- ☐ I checked my spelling and pronunciations of words in my video.  
**(COVID-19, Tdap, HPV, meningococcal ACWY, flu)**
- ☐ I asked my teacher and/or parent to check my spelling and pronunciations of words in my video.

### COPYRIGHT

- ☐ I didn't include any copyrighted material in my video (including copyrighted songs, brand names, or trademarks).
- ☐ I didn't include any copyrighted music or audio. The music/audio in my video is original or royalty free.
- ☐ I didn't use the brand name of any vaccines in my video (example: Gardasil for HPV).

### GENERAL

- ☐ My video is in English or Spanish.
- ☐ I didn't use any inappropriate, indecent, obscene, hateful, sexually inappropriate, or defamatory content in my video.
- ☐ I've never submitted this video in a different promotion or contest of any kind.

### LAST BUT NOT LEAST...

- ☐ I am submitting my video on or before February 16, 2024.

**NOW YOU'RE READY TO SUBMIT YOUR VIDEO!**



## Protect Me With 3+ 2023-2024 Video Contest Guidelines

**Eligibility:** 5<sup>th</sup>-12 grade students who are New Jersey residents

**Format:**

1. The video can be up to 30 seconds long.  
*\*Videos over 30 seconds will be disqualified.*
2. Video must be submitted in one of the following formats: .AVI, .MOV, .MP4, MPEGPS, or .WMV.

**Requirements:**

1. The video must cover only **1** of the vaccine categories:
  - a. COVID-19
  - b. Tdap
  - c. HPV
  - d. Meningococcal ACWY
  - e. Flu*\*A video discussing more than one vaccine will be disqualified.*
2. The video must contain at least 3 facts from <http://www.protectmewith3.com> such as
  - a. Why you need to be vaccinated.
  - b. Facts about the disease(s) the vaccine prevents.*\*Entries with information from other sources will be disqualified*
3. The video must contain the statement: **"For more information go to [www.protectmewith3.com](http://www.protectmewith3.com)"**
  - a. This statement can be spoken or written as text in your video.
4. The video must contain the statement: **"Create. Educate, Vaccinate. Talk to your parents about getting vaccinated."**
  - a. This statement can be spoken or written as text in your video.

**Submission:**

1. Early Bird – Submit on or before January 12, 2024:
  - a. If your video is submitted by January 12, 2024, you will be entered into a drawing to win a prize!
2. Open Registration – November 2023 through February 16, 2024
3. Submit the video at: [www.protectmewith3.com/submit](http://www.protectmewith3.com/submit)

**Entries will be judged on:**

- Creativity/originality
- Vaccination message
- Visual Effectiveness
- Audio clarity
- Overall appeal

If you have any questions, please email: [PMW3@pmch.org](mailto:PMW3@pmch.org)

**GENERAL CONTEST RULES:**

1. Students must be residents of New Jersey.
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3. Group entries should only be submitted one time by one group member (Team Captain).
4. Each student can only work on one entry, either as an individual or as a group.
5. Entries must be students' original work and contain no copyrighted material.
6. Entries can be in **English or Spanish**.
7. Any music or audio used in a video must be original or royalty-free.
8. To ensure the most current information is used, entries shall only use the information provided on [www.protectmewith3.com](http://www.protectmewith3.com). Do not use information obtained from other organization websites listed in the "resource" sections.
9. Entries must focus on **one** vaccine.
10. All students under the age of 18, will need parent/guardian permission to participate.
11. If selected as a finalist, each team member will be required to complete a **Photo and Video Consent Form**.
12. All winners will be notified of their selection by e-mail.
13. Winners are encouraged to attend the Awards Ceremony to receive their prize.
14. All submissions will become the property of Protect Me With 3+ and its sponsors. All rights for reproduction in all media including print, film, web, and/or video are assigned to the organizers and their sponsors to use as deemed appropriate for the goals of the contest and the Protect Me With 3+ campaign.

**Entries must NOT contain:**

1. Spelling mistakes or mispronunciations.
2. Information from the "resources" section of [www.protectmewith3.com](http://www.protectmewith3.com) or from other organizations/sources.
3. Information on more than 1 vaccine.
4. Brand names or trademarks of vaccines (example: Gardasil for HPV).
5. Copyrighted music or audio.
6. Material that violates or infringes another's rights, including but not limited to privacy, publicity, or, intellectual property rights, or that constitutes copyright or license infringement.
7. Material that is inappropriate, indecent, obscene, hateful, defamatory, slanderous, or, libelous.
8. Material that promotes bigotry, racism, hatred, or harm against any group or individual or promotes discrimination based on race, sex, religion, nationality, disability, sexual orientation, or, age.
9. Material that is unlawful, in violation of, or, contrary to the laws or regulations in any state where the entry is created.
10. Entries must not have been submitted previously in a promotion or contest of any kind or exhibited or displayed publicly.

**\*\*Any entry that does not follow contest rules will be disqualified. \*\***