

# "Let Your Voice Be Heard"



Help prevent violence. Let your voice be heard is a video contest that will give you the chance to spread the word about healthy relationships. 1 in 4 high-school students are victims of physical, emotional, sexual, or verbal abuse by their dating partner. Now, more than ever, you can help prevent dating violence.

## How to Start

- 1) Check out the following web pages for information and ideas:  
About Dating Violence: [www.loveisrespect.org](http://www.loveisrespect.org)  
Great Sample Videos: [www.thatsnotcool.com](http://www.thatsnotcool.com)  
Last Year's Winners:  
<https://www.facebook.com/video/video.php?v=10150428819465405>  
<https://www.facebook.com/video/video.php?v=10150428843725405>
- 2) Brainstorm your message about healthy relationships for your peers and plan how to present it.
- 3) Create a 30-60 second YouTube style video that is health relationships *the catchier, the better!*

## Submit Your Idea!

Submission forms are available at [www.icadv.org](http://www.icadv.org)  
Only submissions with a completed form will be considered.

Due Friday, February 3rd at 5pm.

Option 1: All electronic! Post your video on YouTube/Flickr. Submit a scanned, signed copy of your submission form as well as the link to your video to ICADV at [susanv@icadv.org](mailto:susanv@icadv.org).

Option 2: Mail a copy of the video on a dvd along with the submission form to: ICADV-515 28<sup>th</sup> St. Des Moines, IA 50312

Winners will be notified by Friday, February, 10th

## Awesome Prizes!

- 1<sup>st</sup> Place - \$250 to Target!
- 2<sup>nd</sup> Place-\$50 Cash prize!
- 3<sup>rd</sup> Place-Gift basket including gift cards for pizza and a movie!

If you have been hurt--physically, emotionally, or sexually abused--by your boyfriend or girlfriend, you may be a victim of crime. You are not alone!

Statewide Domestic Violence Hotline: 1-800-942-0333

