

Contest Guidelines

Purpose: Create a brief video that reveals your parenting superhero ability!! The superhero ability **MUST** be something that is **TRUE** about you. Tell us why you believe you have this super power **AND** how the Parent Linking Program helps you to maintain your super power or to be a super parent. In the **video you must:**

1. **Introduce yourself** including your name and the name of the Parent Linking Program you participate in.
2. Make sure your video addresses the **purpose** listed above.
3. Make sure the video is **three** minutes or less.
4. Display the I AM... Banner in the video (**see your case manager for banner**).
4. Appear in the video (**your child can appear in it too but it's optional**).
5. Follow the instruction for uploading to IG or FB.

*Example: Hi my name is ___ and my superpower is I have the ability to **BALANCE IT ALL**. It might be challenging being a young parent, but I take good care of my child and maintain a 2.5 GPA. PLP helps me by providing child care which helps me to stay in school and focus on my grades. (Feel free to add more information).*

Uploading to Instagram or Facebook

- Upload the video to IG or FB.
- Follow us @psnjii
- Caption the photo: I AM...(what ever your superhero power is)
- Include the hashtags: #plpsuperparent #schools name followed by PLP (**See below**).
- Sorry videos can not be emailed to us.

#CamdenHSPLP
#UnionCityHSPLP
#PassaicHSPLP

#TrentonCentralHSPLP
#NewBrunswickHSPLP
#WoodrowWilsonHSPLP

#EastsideHSPLP
#VinelandHSPLP
#PlainfieldHSPLP

Video Tips

- **Write down** what you want to say to help you be comfortable in front of the camera.
- **Time yourself** to make sure the video meets time requirements.
- **Record in a well lit area.**
- **Record in a quiet place** with limited distractions.
- **Ask someone to record** you or prop your phone up so it doesn't move a lot.
- **Be creative:** Your video can be serious or funny. You can feel free to use props.

2019 PLP Teen Conference I AM...Contest



**Videos must be posted to social media
by March 29th.**

Social Media Disclaimer: By participating in the PLP Social Media Contest you grant permission for Prevent Child Abuse NJ (PCA-NJ) to share your video on its social media platforms and in other communications.