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

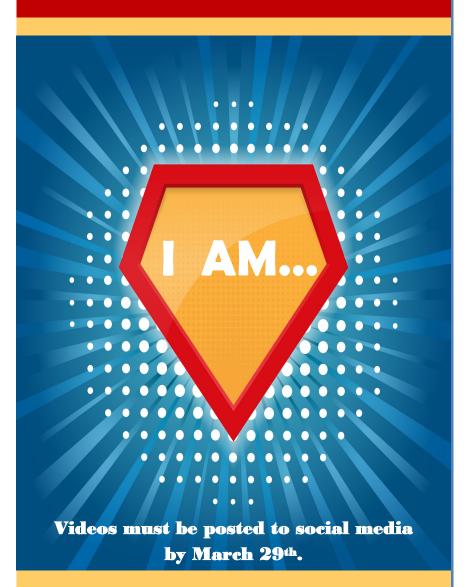
- Upload the video to IG or FB.
- Follow us @psnjii
- Caption the photo: I AM...(what ever your superhero power is)
- Include the hashtags: **#plpsuperparent #**schools name followed by PLP (See below).
- Sorry videos can not be emailed to us.

#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



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.





