

FUTURE SELF CONTEST

FOR 3RD-5TH GRADERS

Use your voice and creativity to inspire change.
Challenge stereotypes. Celebrate respect.
Share your vision of a world where all ages are valued.

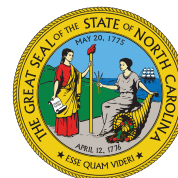
Students are invited to participate in the Ageism Awareness Contest, expressing their creativity through poetry, photography, or other visual art. The contest encourages students to explore ageism, intergenerational respect, and the value of older adults in their lives.

Students are encouraged to explore:

- What an age-inclusive society feels like
- How ageism affects people
- Ways to show respect for older adults
- The value of intergenerational relationships
- Celebrating older adults in their own lives (grandparents, teachers, neighbors, mentors, etc.)
- Creative solutions to challenge aging stereotypes

Submission Guidelines:

- **Categories:** Each submission will be judged by grade and media
- **Format:**
 - Short essay or poetry (250–500 words, .doc or .pdf file)
 - photography (digital file, .jpg or .pdf file)
 - visual art (photo/scan, .jpg or .pdf file)
 - dance/skit/music (.mov or .mp4 video file or mp3 sound file)
- **Deadline:** February 23, 2026
- **Submission Method:** <https://form.jotform.com/252714019558157>
- **Questions:** Email aaasnc@dhhs.nc.gov



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging

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