

The NC Division of Aging is inviting YOU to participate in a state-wide arts contest!



Use your voice and creativity to inspire change. Challenge stereotypes. Celebrate respect. Share your vision of a world where all ages are valued. Students across North Carolina are invited to participate in the Ageism Awareness Contest, “Future Self”, expressing their thoughts and creativity about ageism and the value of intergenerational respect.

Questions to Guide You



What does **respect for older adults** look like to you? How does **ageism** show up in everyday life, and how can it be challenged? Can you share a story/moment when you saw **intergenerational connection** or teamwork? What do you love/admire about the older adults in your life? What are some **common myths or stereotypes** about aging that you want to break? How can your art **encourage others** to think differently about aging and older adults? What actions or attitudes would you like to see people take to **create a more age-friendly world**? How does celebrating older adults **benefit your community or school**?

Who Can Enter

Grades PreK-12
Submissions will be grouped by grade level
PreK-2nd, 3rd-5th, 6th-8th,
9th-12th

Judging Criteria

Creativity and originality
Clarity of message
Relevance to contest themes

Focus of Contest

What an age-inclusive society feels like (positive aspects), what is ageism and how it affects people, ways to show respect for older adults, the value of intergenerational relationships, celebrating the older adults in your life, creative solutions to challenge aging stereotypes

Incentives

Winners will be featured on the Division of Health and Human Services All Ages, All Stages NC website and media. Winners will also receive a gift bag from the NC Division of Aging. All participants will receive a certificate of participation.

Submission Guidelines

- **Format:** Short essay or Poetry (250-500 words), photography (digital file), or other visual art (photo or scan of artwork), dance/skit/music etc.
- **Deadline:** February 2026
- **Submission Method:** Use the form at the code/link that you followed from the flyer to submit your entry.
- **Questions:** Email aaasnc@dhhs.nc.gov
- **Categories:** Each submission will be judged in the relevant grade and media category.

We can't wait to see what you create!