



# FUTURE SELF CONTEST



## FOR PRE-K-12TH 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 think about:

- People of all ages spending time together, like kids and older adults playing or talking.
- Times when someone is treated unfairly because they are older.
- Ways to be kind to older adults, like helping or listening.
- Kids and older adults being friends and doing things together.
- An older person you care about, like a grandparent or teacher.
- Older adults doing a variety of things, like working, learning, or having fun.

### Submission Guidelines:

- **Categories:** Each submission will be judged by grade category (Pre K- 2nd, 3rd- 5th, 6th-8th, 9th-12th) 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](mailto:aaasnc@dhhs.nc.gov)



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

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