



# GTF 'My Story' competition

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## ***Purpose/Background***

*Get the Facts (GTF)* <http://www.getthefacts.health.wa.gov.au/> is a website developed and managed by the Department of Health (DoH) WA. It provides information to young people aged between 13-17 years, on sexual health and relationships.

In 2016, GTF is running a competition for young people in WA aged between 12-18 years.

**The "My Story" competition aims to encourage young people to share and reflect on their own stories, experiences and thoughts surrounding sexual health, puberty and respectful relationships.**

Students have the choice of submitting

1. A short story (maximum 400 words) OR
2. An original photo, photo series or image accompanied by 100 words of text.

The competition invites students to base their submission on one of the following topics

- Staying Safe
- Growing bodies
- Respectful Relationships
- Emotional Wellbeing
- Diversity

## ***Timeline***

The competition will be launched on **8<sup>th</sup> February and will close on 18<sup>th</sup> March 2016**

All stories submitted to the Department of Health will be assessed and the best selected stories will be uploaded on the *Get the Facts* website.

Winners will be announced on 8<sup>th</sup> April 2016 via email.

## ***Winners***

10 winners will be selected. All entries will be assessed and 5 of the best short story submissions and 5 of the best original images will be chosen as the winners.

The 10 winning entries will be uploaded on the *Get the Facts* website. Winners will be awarded with a prize worth \$150.

**Have a look at previous entries on the Get the Facts website for some ideas and inspiration**

[http://www.getthefacts.health.wa.gov.au/1/161/1/competition\\_winners.pm](http://www.getthefacts.health.wa.gov.au/1/161/1/competition_winners.pm)

## **PART 1: CHOOSE YOUR FORMAT**

### **OPTION 1: SHORT STORY**

- Story needs to be original work and appeal to young people between the ages of 13-17 years.
- Stories are to be 400 words maximum (not including the title)
- Stories do not have to be true or based on real events, they can be entirely fictional. However, young people are encouraged to build upon their existing experiences, knowledge and attitudes towards their chosen topic. *Substituting names, places and other identifying detail in the story is recommended to ensure anonymity*
- Submissions should be **factually correct** and should **not contain any obscene or sexually explicit** materials which may cause offence (be aware that sexual health can be a sensitive issue)
- Stories will be judged on their originality, quality of writing, language skills and relevance to the chosen topic



### **OPTION 2: ORIGINAL IMAGE**

- An original photo, photo series, graphic, or drawing submitted which reflects the chosen topic.
- A maximum of 3 images can be submitted by one applicant.
- All images submitted must be accompanied by a title and 100 words of text (maximum), explaining the image and how it relates to the chosen topic.
- All images submitted must be an original photograph by the entrant and not the work of someone else.
- Submissions should **not contain any obscene or sexually explicit** materials which may cause offence (be aware that sexual health can be a sensitive issue)
- Photographs will be judged on their originality, creativity, photographic quality and relevance to the chosen topic
- Entries must be submitted in an electronic format that is of high resolution (minimum 500 KB) however the file size must not exceed 10MB



## **PART 2: CHOOSE YOUR TOPIC**

*Choose 1 topic only*

### **1. Staying Safe**

Your submission should focus on protection against harm caused by unsafe behaviours or an unsafe situation. Examples of this may include online safety, condoms and contraception, STIs and BBVs, consent, sex and the law, risky behaviours, such as alcohol and other drug use. Your submission could demonstrate ways to manage or reduce risk by identifying strategies for staying safe.

### **2. Growing bodies**

Your submission should focus on a topic related to the mental, physical and emotional changes that occur during puberty and adolescence. This includes issues or problems faced, and strategies used to manage this change.

### **3. Respectful Relationships**

Your submission should focus on the importance of building healthy and respectful relationships. Examples of this may include the different types of relationships people have, being in and out of love, gender and power, confidence and self-esteem, dating, and online relationships. Your submission can also focus on the importance of building a healthy relationship with oneself

### **4. Emotional wellbeing**

Your submission should focus on self-identity and how it impacts on interactions with others. Examples of this may include body-image, self-esteem, mental health and wellbeing, conflicts, peer pressure, and bullying.

### **5. Diversity**

Your submission should focus on the diverse range of personal identities in society, with an emphasis on sexual and gender diversity. Examples of this include sexual orientation, sexual attraction, gender, coming out, pressures from society and the media, respect and acceptance of others. Your submission may also focus on cultural/religious diversity and its impact on sexual health.

**Have a look at the Get the Facts website to get accurate information and ideas on the topics**  
<http://www.getthefacts.health.wa.gov.au/>