

YOUTH ART CONTEST GUIDELINES

Contest **theme**:

What are some alternatives to using substances?

GOAL: Create a 2D work of art 8x10" or smaller in response to contest themes.

STEP 1: Create an artwork based on the contest themes listed above.

STEP 2: Write one paragraph explaining your artwork. This will be your "artist statement".

STEP 3: Fill out a LUK, Inc. art contest consent form with caretaker if applicable.

STEP 4: Take a high-quality scan or photo of your artwork (on a plain background).

STEP 5: Submit your art, consent form, and write up to **ArtContest@luk.org by March 3rd, 2023**.

Note: Artworks will be selected based on appropriateness for theme. Selected artworks will be displayed on LUK, Inc. social media and at a local gallery display. Select winners will be awarded a cash prize at upcoming youth summit in March. Winners will be notified following the end of submissions (March 2022).

YOUTH ART CONTEST IDEAS

LET'S CREATE!

Getting started.

Identify what some benefits are to living substance free. What are your passions and hobbies? How does that look in art?

Draft your artist statement before creating your artwork. Brainstorm your initial thoughts and ideas.

Ideas to get your **creativity** flowing:

Create a comic strip about a time where you chose a healthy activity instead of using substances.

Create a collage about your vision for a substance-free life.

Create art depicting a healthy coping skill or positive self-care practice.

Create art depicting the importance of taking care of your mental health and body.

Artworks can be (but aren't limited to): original paintings, poems, collages, song lyrics, comics, photographs, printmaking, calligraphy, digital design, drawings, mixed-media, etc.

STAY MINDFUL

"**Stigma** involves negative attitudes or discrimination against someone based on a distinguishing characteristic such as a mental illness, health condition, or disability." (Caddell, 2020)

It is important that substance use prevention is done **without stigmatizing** individuals with substance use disorders.

TO KEEP IN MIND:

- Avoid judgment of others and/or stigmatizing language.

 - Check out NIDA's "Words Matter: Terms to Use and Avoid When Talking About Addiction" article

- Communicate with care and compassion. Review your thoughts and ideas with others or an informed adult before submitting your work.

- Research the topics you're interested in creating your artwork about.

- Ask if you're unsure.

- Remember that substance use disorder is a **disease** which causes changes in the brain's structure and functioning.

WHERE TO LEARN MORE ABOUT YOUTH SUBSTANCE USE + PREVENTION

National Institute on Drug Abuse (Teens)

<https://teens.drugabuse.gov/>

Partnership to End Addiction

<https://drugfree.org/>

Shine Initiative

<https://www.shineinitiative.org/>

**Substance Abuse and Mental Health
Services Administration**

<https://www.samhsa.gov/>

The Truth Campaign

<https://www.thetruth.com/>

Youth.Gov

<https://youth.gov/youth-topics/substance-abuse>