

entry form

entry form

how to submit your entry

1. Complete this form and post to:
Media Check, MIEACT, PO Box 4074, Ainslie ACT 2602.
2. Read, sign and date the declaration overleaf.
(Note: for group entries, signatures are required from all participants).
3. Ask your teacher or youth worker and a parent or guardian to co-sign the form.
4. Post your piece of work with this form to MIEACT at the address above, or email it separately to:
feedback@realitycheck.net.au.
(See Media Check Guidelines for submission criteria at www.realitycheck.net.au).
5. Entries must be received by 5pm 29 September, 2006.

Name/s

Title of work

School/College/Youth Group

Address

Post Code

Phone

Email

Date of Birth / /

(you must be aged 14-18 years)

what you need to do

- * Read the Media Check guidelines at www.realitycheck.net.au or phone 02 6257 1195 to be sent more information.
- * You can check out our resources and info section on the or ask a teacher or youth worker to help you get started in thinking about the media, body image and issues like disordered eating, fatness/thinness, media representation of young people, sport and physical activity. Entries may be the work of individuals or groups, but everyone involved must be aged 14-18.
- * Fill out the entry form attached, get a teacher or youth worker and a parent or guardian to sign it, and post or fax it to MIEACT. You can post your work with the entry form or email it to MIEACT separately.
- * If you plan to use photographic or video images of anyone else in your work, download a release form from the website and ask them to give you permission.
- * Selected submissions will be showcased on the Media Check virtual gallery website. All entrants will receive a certificate of participation in the Media Check project and an invitation to the gallery launch in November.

deadline

Entries must be received by 5pm 29 September, 2006.

timeline

The website will be up and running in June. Successful entries will be uploaded between July and October. The launch will be in November.

interested?

Contact Louisa Dow, Project Manager
 Phone/fax 02 6257 1195
 Email feedback@realitycheck.net.au
 Postal address MIEACT, PO Box 4074, Ainslie ACT 2602
 Website www.realitycheck.net.au



are you aged between 14 and 18?

interested in the creative arts and the media?

want your work online?

media check is a website project for young people in the ACT

www.realitycheck.net.au

media check 2006

Media Check is a website project for young people in the ACT. It's a chance to say what you want to say, have fun, learn some new skills and get recognition for your efforts by contributing your work for inclusion in our online gallery.

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The website is designed to give young people information about how the media manipulates body image and to promote mental health by giving young people an opportunity to challenge the mainstream media.

Media Check is supported by the ACT Government through Healthpact and run by Mental Illness Education ACT, a well-known promoter of mental health for young people in the ACT.

body image
and the media

www.realitycheck.net.au

The theme of Media Check 2006 is

'body image and the media'

On TV, in magazines, the Web and other media all of us are bombarded with unrealistic images of "perfection" as advertisers try to sell us their products. The media's focus on the body (increasingly on male bodies as well as female) can be a negative influence on our lives.

Feeling bad about how you look is not healthy. Over time it can affect your mental as well as physical health.

Media Check is your way of challenging and subverting negative media messages about the body in a creative way. Your work could be a poster, painting, drawing, cartoon, comic strip, poetry, multi-media advertisement, or short video clip... however you want to express yourself.

We will publish a selection of the works we receive on the Media Check website, which will be launched in November. All participants will receive certificates of recognition and students may also be able to gain credit points towards school assessment in Multimedia, Art, Drama, English, Physical Education, Psychology, or Health Studies. You can check this out with your teachers.

declaration

- I am/we are aged between 14-18 years and attend a high school, college or youth group in the ACT.
- The submitted entry is my/our own work, of which I am/we are the copyright holder.
- This entry is endorsed by my/our school/college/youth group.
- I/we give permission to MIEACT to reproduce my/our material and publish the material on MIEACT's website. I am aware of and agree that MIEACT may use these materials in hard copy, DVD, online, or any other form for promotional and educational purposes, including communication to the public throughout the world on MIEACT's website.
- If I/we have pictured, depicted and/or mentioned any other person/people in this entry I/we have enclosed personal/sensitive information consent forms for any/all people involved. (Form available on website)
- I/we understand that my/our first name/s and the name of my/our school/college/youth group will be published on the website unless I/we specify otherwise in writing.
- I/we understand that the Media Check panel's decisions are final, and that MIEACT reserves the right to edit entries when required for legal, privacy, or other reasons.
- I/we have read and agree to the Media Check guidelines and conditions of entry (see www.realitycheck.net.au)

Date

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Signature/s

Print name/s

Supervising Teacher/Youth Worker

Name

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Signature

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Phone

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Parent/Guardian

Name

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Signature

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Phone

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