

EXPRESSIONS

by Walgreens

CHALLENGE

ENTER THE CHALLENGE TO WIN CASH PRIZES FOR EACH CATEGORY:

**VISUAL ARTS
MEDIA ARTS
AND SPOKEN WORD**

There will be a total of 12 winners, four per category that will receive a

\$2,000 Award

CONTEST PERIOD

The Challenge will be conducted
February 1 - March 31

All entries must be submitted by 11:59 PM CT
on March 31

THE CHALLENGE

As a teen, you encounter many hurdles in life. Whether it's at home, school, among friends, or just figuring out who you are and where you fit in. The Expressions Challenge is your platform to use your creativity to share how you feel about what is happening in your world.

IT'S SIMPLE

Express what matters to you! Turn your feelings into a work of art, spoken word, music, or video.

ELIGIBILITY

All high school students who are legal residents of the United States and currently in high school, in grades 9 through 12 are welcome to participate in the challenge. There are no minimum GPA requirements. So, get started!

Have questions? Contact us:
expressionschallenge@gmail.com

1. THINK ABOUT WHAT MATTERS TO YOU

Think about what is having an impact on you.

Topics can include, but not limited to:

- Gender Identity • Social Media
- Cyber Bullying • Self-Esteem
- Dating + Relationships • Mental Health
- Equality + Equity • Social Justice
- Expressions about your city

2. CATEGORIES

Be as creative as you want. Enter in all three categories, or just one or two. Each participant can submit one entry solo or with a group of up to five people per category.

Spoken Word:

Poetry, Short Story

Visual Arts:

Graphic Design, Painting, Sculpture, Photography

Media Arts:

Video, Recorded, Song/Rap

3. UPLOAD YOUR ENTRY

You can submit your entry via mobile, tablet or computer at ExpressionsChallenge.com.

HOW TO ENTER



[expressionschallenge](https://www.facebook.com/expressionschallenge)



[expressionschallenge](https://www.youtube.com/expressionschallenge)



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