



## Be Heard!

### Girlshealth.gov Sounding Board Contest Application

Are you outgoing, passionate, and active in school or your community? Do you stay on top of what's going on in your world and love to talk to others about it? Want a chance to make your opinions count in a place where you can really BE YOU?!

If you answered yes to these questions, enter the *Be Heard!* girlshealth.gov Sounding Board Contest.

Girlshealth.gov is giving girls ages 9 to 14 a chance to be a member of our Sounding Board — a group of girls who share their opinions about everything from what's going on in their lives to what's new on our web site.

For an entire year, you will be a part of girls-only blogs, chats, and e-mails where your opinions matter and your voice will be heard. Win great prizes like backpacks, t-shirts, and baseball hats for participating in these activities. The more you participate, the more you could win!

To enter, you will need to do each of these steps:

1. Get permission from your mom, dad, or caregiver to participate in the contest.
2. Fill out the enclosed application and be sure to spend a little time on the "opinion statement" at the end of the form. You will be judged on creativity, thoughtfulness, and enthusiasm.
3. Show the filled out application to your mom, dad, or caregiver and make sure they are OK with your responses.
4. Mail or fax the application to:

**Sounding Board Contest**  
**girlshealth.gov**  
**8270 Willow Oaks Corporate Drive**  
**Fairfax, VA 22031**  
**FAX: (703) 663- 6942**

The deadline to enter is August 31, 2009, so don't delay! Be sure to read our official rules and privacy notice before you enter.



## Girlshealth.gov Sounding Board Contest Application

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Dear Parent/Caregiver,

Your daughter is interested in applying for the *Be Heard!* girlshealth.gov Sounding Board Contest. Girlshealth.gov was developed by the Department of Health and Human Services' Office on Women's Health in 2002. It was created to help girls ages 10 to 16 learn about health and issues they may face as they grow up. It helps motivate them to choose healthy behaviors by using positive, supportive, and non-threatening messages.

The *Be Heard!* girlshealth.gov Sounding Board Contest was created to help us recruit members to our Sounding Board. The Sounding Board is a group of girls from around the country that helps the Office on Women's Health and girlshealth.gov by providing their opinions on our programs and other important issues facing girls today.

In order to apply for the *Be Heard!* Sounding Board contest, girls are asked to fill out an application that includes questions about themselves and a request for contact information. Before we select the winners, we will call qualified contestants to verify permission to participate with their parent/caregiver. Please fill in the space on the Parent Permission Form that asks for your phone number and/or e-mail address.

Once the girls are selected, we will send them a notification in the mail along with prizes and newsletters on a monthly basis. We will also communicate with them through blogs (web logs), e-mails, and an occasional conference call. If you would like, you can be a silent observer of all electronic correspondence (e-mails and blogs) we send to the girls. You can also be part of each conference call. Simply e-mail Alison Zuchowski, Sounding Board Manager, at [alison.zuchowski@mail.ps.net](mailto:alison.zuchowski@mail.ps.net) and ask to be included as a "silent observer" once your daughter is part of the Sounding Board. We will include your e-mail address in our listserve, and blog, and notify you of conference calls.

We ask that you review your daughter's application before she sends it to girlshealth.gov by regular mail or fax. Once you approve, please sign the included Parent Permission Form and submit it along with the application.

If you have any questions about the *Be Heard!* Sounding Board contest or girlshealth.gov, please contact Alison Zuchowski, Sounding Board Manager, at (703) 289-7923 or 800-994-9662. You can also e-mail her at [alison.zuchowski@mail.ps.net](mailto:alison.zuchowski@mail.ps.net).

Sincerely,

Ann Abercrombie  
Project Manger, girlshealth.gov



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### Parent/Caregiver Consent Form

Parent/Caregiver Full Name: \_\_\_\_\_

Parent/Caregiver's Email Address: \_\_\_\_\_

Parent/Caregiver's Telephone: \_\_\_\_\_

Child Applicant Full Name: \_\_\_\_\_

I give permission for my daughter to be a member of the girlshealth.gov Sounding Board. The Sounding Board is composed of a group of girls ages 9 -16 who assist the U.S. Department of Health and Human Services, Office on Women's Health (OWH) in program and material development related to young women's health and well-being.

The girls may be engaged, along with other adolescents, in discussion groups, group e-mails, conference calls, and/or blogs during the duration of their participation on the Sounding Board. If they choose, they can remain on the Sounding Board until they leave high school.

Girls can be removed from the Sounding Board in the event of inappropriate behavior not limited to but including bullying (verbal, online, in-person, etc.), abusive language, and not participating in group activities such as e-mails, blogs, and phone calls.

\_\_\_\_\_  
Parent/Caregiver Signature

\_\_\_\_\_  
Date



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### Applicant Information

Full Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Year of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Applicant Essay

One unique thing about me is...

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Some of the activities that I participate in are...

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Do you have friends inside and outside of school? Tell us some examples of your different groups of friends.

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How often do you hang out with your friends and what sorts of things do you do together?

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I stay healthy by...

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I am interested in...

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How much time do you spend online each week, what types of things do you do online (e-mail, visit web sites, chat, blog, etc.), and which web sites do you visit most often?

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Is there anything else that you would like to share with us about yourself?

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### Official Rules

By participating in a contest with the U.S. Department of Health and Human Services, Office on Women's Health (OWH) web site girlshealth.gov, entrants agree to the specific rules, terms and conditions provided for that particular sweepstakes as stated below.

No purchase necessary to enter. Void where prohibited by law. This contest is open to legal residents of the fifty (50) United States, District of Columbia, and all U.S. territories who are girls between the ages of 10 to 16 years old, who submit parental authorization accompanying the application form.

#### 1) HOW TO ENTER:

All completed entries must be received by August 31, 2009 in order to be considered as a contest entry for the *Be Heard!* girlshealth.gov Sounding Board Contest. All entries must be submitted via fax or mail. Applications can be downloaded from girlshealth.gov. Parental permission must be submitted with the application in order for the application to be considered complete. There must be a valid parent/caregiver e-mail address and phone number. All contest entries become the property of the OWH and girlshealth.gov. OWH and girlshealth.gov may use any of the entries for any purpose whatsoever, without further compensation to the entrant. Winners will be selected based on her responses to the application questions as well as her answer to the "opinion statement" at the end of the form. Applicants will be judged on creativity, thoughtfulness, and enthusiasm. To be eligible for the contest, all entry qualifications must be met.

One-hundred (100) completed entries will be selected as winners of the contest and each will win a place on the new OWH/girlshealth.gov Sounding Board. The one-hundred (100) selected winners will be notified that they have been selected by September 30, 2009.

#### 2) PRIZES

Prizes for participation will be mailed out to each girl who is active in the Sounding Board each month. Active participation can include but is not limited to responding to emails, attending conference calls, and participating in blogs. Prizes vary in value.

#### 3) RESTRICTIONS AND LIMITATION OF LIABILITY:

One entry per person. Alternate entries will result in disqualification. Void where prohibited by law. The decision of OWH and girlshealth.gov is final. All federal, state and local laws and regulations apply.

Entries. For all sweepstakes' entries, all fields must be complete or entry will be deemed invalid. OWH and girlshealth.gov shall have no liability for any malfunction of the Internet, girlshealth.gov web site, or any other computer-related processor system.

#### 4) DISQUALIFICATION AND PENALTIES:

All participants agree to be bound by these rules. OWH and girlshealth.gov further reserve the right to disqualify any person for (i) violating any of these rules, (ii) tampering with the entry process or the operation of the girlshealth.gov web site, or (iii) engaging in otherwise unsportsmanlike, disruptive, annoying, harassing, or threatening behavior.

#### 5) PUBLICITY RELEASE:

Unless prohibited by law, participation constitutes permission for OWH and girlshealth.gov without any further obligation to the contests' participant, to use participant's name, voice, biographical data and likeness for promotional and marketing purposes.

#### 6) ADDITIONAL TERMS AND CONDITIONS:

OWH and girlshealth.gov reserve the right in its sole discretion to supplement or make changes to the rules of any sweepstakes at anytime without notice. OWH and girlshealth.gov shall not be responsible for any administrative errors involved in the execution of any contest.