

Essay

COMPETITION RULES & GUIDELINES



The Know Your Worth Essay Competition, sponsored by the Northern Marianas Coalition Against Domestic & Sexual Violence, is open to all current CNMI Middle School and High School students (grades 6-12). Students are invited to write about teen dating violence and/or healthy relationships for young people by addressing one of the writing prompts below in a 300 to 500 word essay. The aim of this contest is to create awareness during Teen Dating Violence Awareness Month in February. The deadline for submissions is 5:00pm on Friday, February 2, 2024.

Middle School Division (6-8)

1st Place - \$150
2nd Place - \$100
3rd Place - \$75

High School Division (9-12)

1st Place - \$150
2nd Place - \$100
3rd Place - \$75

Rules and Guidelines

Students must select **one** writing prompt below to address in their essay:

1. Describe how you think culture affects the way CNMI youth view healthy relationships and dating violence.
2. How common do you think violence or abuse is in relationships in the CNMI? Describe what you think needs to be done to help youth and teens experiencing violence or abuse in a relationship.

State which prompt you will be addressing in your essay. Essays **must have** a minimum of 300 words and a maximum of 500 words not including student information, the writing prompt, and citations. Essays **must be** original work with all sources (if any) cited. Essays **must not** violate the privacy of others (that includes but is not limited the use of real names), **must not** plagiarize the work of others, and **must not** violate U.S. and CNMI copyright laws. Essays **must not** incorporate text that is AI generated. Essays that were not entirely written by the student, and violate privacy and copyright laws **will not** be accepted.

Students may submit only **one** essay for this competition. Additional essays, essays without a completed Student Information & Media Release form specific to this competition, essays that do not meet the word count guidelines, and/or essays submitted after the submission deadline **will not** be accepted.



FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

For more information, please contact the Northern Marianas Coalition Against Domestic & Sexual Violence at (670) 234-3878 or email info@EndViolenceNMI.org.

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How to Submit Your Essay

Essays **must be electronically submitted** for review to info@endviolencenmi.org on or before the deadline at **5:00 pm on Friday, February 2, 2024**. Essays **must** be typed and within the body of the email, or attached as a Word or PDF file. Submissions **must** also include completed Student Information & Media Release Forms specific to this competition.

Announcement of Winners

The first, second, and third place winners for the Middle School division and High School division will be announced during the Know Your Worth Spoken Word Competition that will be held in-person at the **Hyatt Regency Ballroom on Thursday, February 29, 2024**.

For More Info

If you have questions or need additional information, please contact NMCADSV at (670) 234-3878 or email info@endviolencenmi.org. For more updates on this competition, follow NMCADSV on Facebook, Twitter, or Instagram. You can also request to be added to our email list through info@endviolencenmi.org.

Need Help?

If you or someone you know is experiencing abuse or violence, please call 911 for emergency assistance. You can also call to talk to advocates and other service providers at:

- Karidat's 24/7 Victim Hotline: (670) 234-5100
- OAG Victim Witness Advocacy Unit: (670) 237-7500, or (670) 237-7602
- DCCA Division of Youth Services: (670) 237-1000, (670) 285-2780, or (670) 285-2781
- CHCC Community Guidance Center - Healthy Transitions: (670) 323-1900, or (670) 323-1901
- CHCC Community Guidance Center - System of Care: (670) 664-4604, or (670) 664- 4605
- For more information about teen dating violence, visit www.loveisrespect.org.



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