

Share Your Personal Story: Podcast and Writing Contest

As part of Teen Tech Week 2009, Teen Health & Wellness is offering teens an opportunity to share your real-life personal stories—either by podcast or writing—for online publication. Enter today for your chance to win an iPod Shuffle!

Sharing stories is a powerful way to connect with other people. By sharing your own real-life experience, you can connect with others who are dealing with the same challenges. By telling your story, you can reach out and help someone better understand their own experience.

The best part: Everyone wins! All stories that meet our submission guidelines will be published on Teen Health & Wellness. Plus, three teens will be selected at random from the pool of submissions to win an iPod Shuffle.

Here are some ideas to get you started:

- Identify a situation or challenge that “changed” your life.
- What was it like and how did it make you feel?
- How did you deal with the problem or find a way to live with it?
- What did you learn about yourself and those around you?
- What advice do you have for another teen going through the same thing?

There are just a few rules...

- Stories should be 250-1,000 words. Podcasts should be between two and five minutes.
- Include your name, year of birth, home address/city/state/zip, telephone number, and the name of your school or library on each submission. If possible, include your email address. You must be 13 to 19 years old to be published. On the Web site, authors will be identified with first name only—unless you request anonymity.
- Choose your words wisely. We can’t publish slurs or profanity.
- We can’t return submissions, so keep a copy for yourself.
- We need parent/guardian permission if you’re under 18. We’ll send you a form to include with your submission if it’s accepted. Just fill it out and send it back, even if you get published anonymously or under a screen name.
- Include the following originality statement at the end of each submission: “This will certify that the above work is completely original,” followed by your full name to affirm this is your work.
- Request anonymity. If due to the very personal nature of a piece you don’t want your name published, we will of course respect your request, but you still must include name and address information.
- Your story may be edited, and we reserve the right to publish our edited version without your prior approval.
- All works submitted become the property of Rosen Publishing and all copyrights are assigned to Rosen Publishing. We retain the non exclusive rights to publish all such works in any format.

Enter the contest, or find out more, here: <http://www.teenhealthandwellness.com/static/teentechweek09>