



**Enter the 2004 Poster Contest!**

**Love Your Body Day is Weds., October 20, 2004**

**Deadline: May 3, 2004**



The National Organization for Women Foundation is hosting its annual **poster design contest** as a part of the Love Your Body Campaign 2004. We are looking for **innovative responses** to the onslaught of negative images that impact women's and girls' health. Winning entries will provide a visual response to advertisers who attempt to link smoking, drinking, and dieting to women's liberation or those fashion magazines who imply that anorexia is the path to beauty or marketers who tell us that more expensive cosmetics will improve a woman's sense of self-worth.

The poster will be used as part of the campaign to challenge the use of violent, drug addicted, starved images of women and to fight against the industries that profit from women's dissatisfaction with their bodies. Posters should be graphically attractive and/or simply use a dynamic message. **We especially look for images that demonstrate beauty is not limited by body size, body type, ethnicity, age or physical ability.**

**2003 Grand Prize  
Poster Contest  
Winner  
Stephanie Black**

**GUIDELINES**

**All entries must** include name, address, phone number, valid e-mail address, and category on the back of the poster.

**Only original work will be considered.** Original signed release forms are required for copyrighted images or materials. Release forms are also needed for "subjects," public or private citizens.

**Artwork:** All mediums are accepted. The words Love Your Body Day and the NOW Foundation web address, <http://www.nowfoundation.org/>, must be included on the poster. The finished poster size should be no larger than 9" x 12". Optional: You can send a .jpg of the completed poster to [health@nowfoundation.org](mailto:health@nowfoundation.org).

**Computer-generated posters:** Include a sample poster as well as all files on disks/cd's. PC compatible software is **preferred** but not necessary. All computer artists must send a .jpg of the completed poster to [health@nowfoundation.org](mailto:health@nowfoundation.org) with name, address, phone number, and category. Please label your jpg with your name (KimGandy.jpg).

Please do not send multiple submissions of the *same* poster (i.e., with different colors/hues, different sizes, with border and without border). However, you may submit multiple unique poster designs.

Again, the words Love Your Body Day and the NOW Foundation web address, <http://www.nowfoundation.org/>, must be included on the poster, and the finished poster size should be no larger than 9" x 12".

**Mail your entry to:**

National Organization for Women Foundation  
733 15th St. NW, Second Floor  
Washington, D.C. 20005

**Deadline: Entries must be postmarked by May 3, 2004**

**PRIZES**

- **Category I:** \$400 prize for open competition (non-student)
- **Category II:** \$400 prize for undergraduate or graduate level student
- **Category III:** \$200 prize for high school level student
- **Category IV:** \$100 prize for elementary and middle school student

One category prize winner will be selected as the **grand prize winner** and the design will be reproduced as the official 2004 Love Your Body Campaign Poster\*. The LYBD poster is distributed nationwide and featured on the National Organization for Women Foundation web site. The grand prize winner will receive an additional cash prize of \$600. Winning entries will be exhibited at the 2004 National NOW Conference.

*\* The National Organization for Women Foundation reserves the right to alter the final poster design or to reject all submissions for the final poster design.*

All category prizes will be awarded even if no design is accepted for the poster.

All winning submissions become the property of the National Organization for Women Foundation and may be used for commercial purposes. NOW and NOW Foundation may seek permission to use submissions on other campaigns.

Submissions will be returned **only** if a stamped self-addressed return mailer is included with the submission. All submissions must indicate only one category of competition.

**Love Your Body Day is a project of the NOW Foundation**

733 15th Street NW, 2nd floor  
Washington, D.C. 20005

Copyright 1995-2004, All rights reserved. Permission granted for non-commercial use.