



Διήμερο Δόσην βιαϊβόν  
IKTIAHMALUGU INUHIK KATMAJIT  
EMBRACE LIFE COUNCIL  
CONSEIL SAISIS LA VIE

## THROUGH MY EYES CONTEST RULES

**Term:** Embrace Life Council's (ELC) "Through My Eyes Contest" (Contest) begins November 12, 2012 and ends November 30, 2012.

By submitting an entry, each contestant agrees to the rules of the contest and confirms that they have read the waiver and are eligible.

By participating in the Contest, contestants agree to irrevocably grant to ELC, including its successor or assigns, all copyright related to entries that they submitted for the Contest (the pictures and essays).

The entries may be downloaded from the Embrace Life Council website by outside parties.

**Who may enter:** This contest is open to all residents of Nunavut who are between the ages of 6 and 18.

**What to enter:** Entries are to depicts one of the following three topics: (1) Suicide; (2) Mental Health; and (3) Substance Abuse.

Entrants between the ages of 6-14 are to submit one drawing or photo that represents suicide, mental health or substance abuse.

Entrants between the ages of 15-18 are to submit one 500 word essay which represents the impact suicide, mental health or substance abuse has had on them, their family, their community or Nunavut.

**How to enter:** A registration form can be downloaded from the Embrace Life Council website or picked up at your local RCMP detachment.

Entrants are to fill out the registration form, attach it to their submission and drop it off at their local RCMP detachment or at the Embrace Life Council Office (if in Iqaluit).

Embrace Life Council will contact you if your entry is selected. Your name will be displayed on the entry that is used in any publication.

For more information, please contact [embracelife@inuusiq.com](mailto:embracelife@inuusiq.com) or visit [www.inuusiq.com](http://www.inuusiq.com).

**Entry deadline:**

RCMP detachment - All entries must be received at the local RCMP detachment by 5pm on November 30, 2012.

Embrace Life Council Office (Iqaluit) - All entries must be received at the Embrace Life Council Office (1<sup>st</sup> floor of Brown Building across from Income Support) by 5pm on November 30, 2012.

**Judging:** Judging of the contest will be conducted by individuals who do not work for the Embrace Life Council. The winners will be announced at the Embrace Life Council Fundraiser Dinner in Iqaluit on January 19, 2013. Decisions of the judges will be final.

Nine regional winners will be selected, three for each region. The grand prize winner will be chosen from all entries.

Please do not contact us about the status of entries.

**Prizes:**

**Grand Prize (1):** The grand prize winner will receive \$450.

**Regional Winners (9):** Three winners from each of the Qikiqtani Region, Kivalliq Region and Kitikmeot Region will receive \$200.

Winners may receive additional noncash prizes.