



Protect Me With 3+



Poster Submission Checklist

Before you submit your poster, make sure you check for the following:

FORMATTING

- ☐ My poster is on a 8.5 x 11 single sheet of plain paper with no firm or rigid backing.
- ☐ My poster doesn't have paste-ons, stenciling, or tracing.
- ☐ My poster is **NOT** stapled to my submission form. (Please use paper clips.)
- ☐ I used only pens, pencils, colored pencils, markers, crayons, watercolor, acrylic paints, or original computer-generated artwork to make my poster.

CONTENT

- ☐ I only covered 1 of the five vaccine categories on my poster (COVID-19, Tdap, HPV, meningococcal ACWY OR flu).
- ☐ I included 1 fact directly from www.protectmewith3.com and didn't use information from other websites on my poster.
- ☐ I wrote the statement "For more information go to www.protectmewith3.com" on my poster.
- ☐ I wrote the statement "Get Vaccinated!" on my poster.

SPELLING & GRAMMAR

- ☐ I checked my spelling and grammar on my poster carefully.
(COVID-19, Tdap, HPV, meningococcal ACWY, influenza/flu)
- ☐ I asked my teacher/group leader and/or parent to check my spelling and grammar.

COPYRIGHT

- ☐ I didn't include any copyrighted or trademarked material on my poster.
- ☐ I didn't use the brand name of any vaccines on my poster (example: Gardasil for HPV).

GENERAL

- ☐ My poster is in English or Spanish.
- ☐ I didn't use any inappropriate, indecent, obscene, hateful, sexually inappropriate, or defamatory content on my poster.
- ☐ I've never submitted this poster in a different promotion or contest of any kind.

LAST BUT NOT LEAST...

- ☐ I am submitting my poster on or before February 28, 2025.

NOW YOU'RE READY TO SUBMIT YOUR POSTER!



Protect Me With 3+ 2025-2026 Poster Contest Guidelines

Eligibility: 5th-grade through 12th-grade students who are New Jersey residents

Format:

1. Size: 8.5 x 11 single sheet of paper
 - a. No firm or rigid backing. Do not mount any posters.
2. Poster may be horizontal or vertical (landscape or portrait)
3. Artwork must be original:
 - a. No paste-on, stenciling, or tracing
 - b. No copyrighted materials
4. The following art materials may be used:
 - a. Pens, pencils, colored pencils, markers, or crayons
 - b. Watercolor or Acrylic paint
 - i. No charcoal, oil paints, pastels, chalk, glitter, or sand
 - ii. Please **do not staple** the poster to the submission form, use paper clips
5. Original computer-generated artwork will be accepted
6. Poster may be in color or black & white

Requirements:

1. The poster must cover only 1 of the vaccine categories (COVID-19, Tdap, HPV, Meningococcal, or Flu).
**A poster covering more than one vaccine will be disqualified.*
2. The poster must contain at least 1 fact from <https://protectmewith3.com> such as
 - a. Why you need to be vaccinated
 - b. Facts about the disease(s) the vaccine prevents**Entries with information from other sources will be disqualified*
3. The poster must contain the statement: "For more information go to www.protectmewith3.com"
4. The poster must contain the statement: "Get vaccinated!"

Submission:

1. Early Bird – Submit on or before January 31, 2026.
 - a. If your poster is submitted by January 31, you will be entered into a drawing to win a gift card.
 - b. Upload poster and application to www.protectmewith3.com/enter
2. If you prefer, you may mail your poster, but you must still complete the form at www.protectmewith3.com/enter
Partnership for Maternal and Child Health of Northern New Jersey
Attn: Protect Me With 3+
50 Union Avenue, Suite 403
Irvington, NJ 07111

Entries will be judged on:

- Creativity/ Originality
- Vaccination message
- Visual Effectiveness
- Overall appeal

If you have any questions, please email PMW3@pmch.org

GENERAL CONTEST RULES:

1. Students must be residents of New Jersey.
2. A group of students may enter the contest, but prizes will be awarded per entry, not per individual participant.
3. Group entries should only be submitted one time by one group member (Team Captain).
4. Each student can only work on one entry, either as an individual or as a group.
5. Entries must be students' original work and contain no copyrighted material.
6. Entries can be in **English or Spanish**.
7. To ensure the most current information is used, entries shall **only use** the information provided on www.protectmewith3.com. Do not use information obtained from other organization websites listed in the "resource" sections.
8. Entries must focus on **one** vaccine.
9. All students under the age of 18, will need parent/guardian permission to participate.
10. If selected as a finalist, each participant involved in the creation of the poster will be required to complete the **Photo and Video Consent Form**.
11. All winners will be notified of their selection by e-mail.
12. Winners are encouraged to attend the Awards Ceremony to receive their prize.
13. All submissions will become the property Protect Me With 3+ and its sponsors. All rights for reproduction in all media including print, film, web, and/or video are assigned to the organizers and their sponsors to use as deemed appropriate for the goals of the contest and the Protect Me With 3+ campaign. Posters will not be returned.

Entries must NOT contain:

1. Spelling mistakes.
2. Information from the "resources" section of www.protectmewith3.com or from other organizations/sources.
3. Information on more than 1 vaccine.
4. Brand names or trademarks of vaccines (example: Gardasil for HPV).
5. Material that violates or infringes another's rights, including but not limited to privacy, publicity, or intellectual property rights, or that constitutes copyright or license infringement.
6. Material that is inappropriate, indecent, obscene, hateful, defamatory, slanderous, or libelous.
7. Material that promotes bigotry, racism, hatred, or harm against any group or individual or promotes discrimination based on race, sex, religion, nationality, disability, sexual orientation, or age.

8. Material that is unlawful, in violation of, or contrary to the laws or regulations in any state where the entry is created.
9. Entries must not have been submitted previously in a promotion or contest of any kind or exhibited or displayed publicly.

If you prefer to mail your poster, please use the following address:

Partnership for Maternal and Child Health of Northern New Jersey
Attn: Protect Me With 3+
50 Union Avenue, Suite 403
Irvington, NJ 07111

****Any entry that does not follow contest rules will be disqualified. ****