



Protect Me With 3+



Video Submission Checklist

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

FORMATTING

- ☐ My video is no longer than 30 seconds long.
- ☐ My video is saved as an .AVI, .MOV, .MP4, MPEGPS, or .WMV file type.

CONTENT

- ☐ I only discussed **1** of the five vaccine categories in my video (COVID-19, Tdap, HPV, meningococcal ACWY OR flu).
- ☐ I included **3** facts directly from www.protectmewith3.com and didn't use information from other websites in my video.
- ☐ I either said or wrote as text the statement "For more information go to www.protectmewith3.com" in my video.
- ☐ I either said or wrote as text the statement "Create. Educate. Vaccinate. Talk to your parents about getting vaccinated." in my video.

SPELLING & GRAMMAR

- ☐ I checked my spelling and pronunciations of words in my video.
(COVID-19, Tdap, HPV, meningococcal ACWY, flu)
- ☐ I asked my teacher and/or parent to check my spelling and pronunciations of words in my video.

COPYRIGHT

- ☐ I didn't include any copyrighted material in my video (including copyrighted songs, brand names, or trademarks).
- ☐ I didn't include any copyrighted music or audio. The music/audio in my video is original or royalty free.
- ☐ I didn't use the brand name of any vaccines in my video (example: Gardasil for HPV).

GENERAL

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

LAST BUT NOT LEAST...

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

NOW YOU'RE READY TO SUBMIT YOUR VIDEO!



Protect Me with 3+ 2025-2026 Video Eligibility

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

Format:

1. The video can be up to 30 seconds long.
**Videos over 30 seconds will be disqualified.*
2. Video must be submitted in one of the following formats: .AVI, .MOV, .MP4, MPEGPS, or .WMV.

Requirements:

1. The video must cover only **1** of the vaccine categories:
 - a. COVID-19
 - b. Tdap
 - c. HPV
 - d. Meningococcal
 - e. Flu**A video discussing more than one vaccine will be disqualified.*
2. The video must contain at least 3 facts from <http://www.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 video must contain the statement: **"For more information go to www.protectmewith3.com"**
 - a. This statement can be spoken or written as text in your video.
4. The video must contain the statement: **"Create. Educate, Vaccinate. Talk to your parents about getting vaccinated."**
 - a. This statement can be spoken or written as text in your video.

Submission:

1. Submit on or before January 31, 2026:
 - a. If your video is submitted by January 31, 2026, you will be entered into a drawing to win a prize!
2. Submit the video at: www.protectmewith3.com/enter

Entries will be judged on:

- Creativity/originality
- Vaccination message
- Visual Effectiveness
- Audio clarity
- Overall appeal

If you have any questions, please email: help@protectmewith3.com.

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. Any music or audio used in a video must be original or royalty-free.
8. 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.
9. Entries must focus on **one** vaccine.
10. All students under the age of 18, will need parent/guardian permission to participate.
11. If selected as a finalist, each team member will be required to complete a **Photo and Video Consent Form**.
12. All winners will be notified of their selection by e-mail.
13. Winners are encouraged to attend the Awards Ceremony to receive their prize.
14. All submissions will become the property of 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.

Entries must NOT contain:

1. Spelling mistakes or mispronunciations.
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. Copyrighted music or audio.
6. 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.
7. Material that is inappropriate, indecent, obscene, hateful, defamatory, slanderous, or, libelous.
8. 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.
9. Material that is unlawful, in violation of, or, contrary to the laws or regulations in any state where the entry is created.
10. Entries must not have been submitted previously in a promotion or contest of any kind or exhibited or displayed publicly.

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