



# HELP WANTED!!

## Poster/Logo Contest

I'm Worth It Day-We're Worth It!

Design a logo for I'm Worth It Day-We're Worth It!

WIN A \$50 GIFT CERTIFICATE



2016 Logo

Contest open to all Rusk County Youth ages 12-18.

-The planning committee will choose a winning design that will be used for Shirts and Event Posters!

### What is I'm Worth It Day?

A one-day workshop for middle and high school aged females from Rusk County, WI. Throughout the day youth will participate in mini workshops and presentations that focus on topics such as:

Physical fitness and maintaining good health- Positive self-body image-Healthy relationships-Dating violence Dealing with Stress-Setting goals-And much more!

### Guidelines:

- The logo must incorporate the phrase "We're Worth It!"
- Please do NOT include the year in the logo design.
- Please keep the design simple and not too detailed.
- Use only one or two colors.

Deadline is 8:00p.m. Thursday, March 9.



Email your submissions:

Valerie Spooner  
Rusk County Community Library  
spooner@ladysmithpl.org

### Why I'm Worth It Day?

Surveys given to local youth have shown significant rates of depression in Rusk County youth along with high rates of substance abuse and a feeling of disconnect from adults in the community. We felt the need to do something to change the way they feel about the community, and themselves, by hosting a day where they can learn ways to cope with issues affecting them today. Our hope is to have them leave with a better feeling about themselves and the community, along with feeling empowered and full of hope.

Please include your name, age, address and phone number.

The logo must be of your own design!

## Be Creative & Have Fun!

For more info, please contact:

Julie Bever -- julie.bever@indianheadcaa.org -- 715 532 1561  
Valerie Spooner -- spooner@ladysmithpl.org -- 715 532 2604

I'm Worth It-We're Worth It Day is sponsored in part by: North Cedar Academy, Embrace, UWEX, Rusk County Community Library, RRYF, RCFY, ICAA's Youth Development and Prevention Programming.