

Poster Contest



Put your creativity to the test in honor of San Diego's 2023 United Against Hate Week! Open to all San Diego elementary school students grades K-5.

 **Deadline: October 30, 2023**

Submit poster using the Google form link:

<https://forms.gle/uWfSD5EuW8M5g4V16>

SEE FAQs FOR INFORMATION ABOUT PRIZES AND MORE. ALL WINNERS WILL BE HONORED AT A CEREMONY AT THE U.S. ATTORNEY'S OFFICE.

PROMPT

Answer 1

1. Draw a poster with the message "Choose Kindness, Stop Hate!"
2. Draw a poster about how to be an ally using the "6 Ways to be an Ally" guide

***The 6 Ways to be an Ally guide can be found below*



EARL B. GILLIAM

BAR FOUNDATION

Teachers, please contact Shastity Urias at shastity.urias@usdoj.gov or (619)546-9399 if your class would like a presentation or story on the topic of the contest & we would be happy to provide one.

Poster Contest FAQs GRADES K-5

1. What is United Against Hate Week?

United Against Hate Week (UAH) is a call for local civic action to stop hate and implicit biases that are a dangerous threat to the safety and civility of our neighborhoods, towns and cities. The UAH campaign started in 2017 as a poster campaign by Bay Area Cities in response to the increase of hate crimes, this initiative has now spread over 200+ communities. The San Diego UAH campaign scheduled from **November 12-28, 2023** will empower local residents, law enforcement, NGO's and communities to stand against racism, bullying and alter the course of growing intolerance. Some of the events will include video/poster contest, anti-bias trainings and other activities designed to unite communities. When cities and residents work together against hate, we can restore respect, embrace the strength of diversity and build inclusive and equitable communities for all.

2. Am I eligible to participate in the United Against Hate Week poster contest?

All San Diego County and Imperial County elementary school students grades K-5 are eligible to participate in the United Against Hate Week poster contest.

3. When is the poster due?

The poster is due **October 30, 2023** at 11:59 PM.

4. What should I include in my poster? What can I use?

Choose a prompt and answer it as best as you can! Put your creativity to the test—use all types of mediums, including but not limited to colored pencils, crayon, paint, pastel, or marker! You are limited to an **8 ½ x 11" sheet of paper**.

5. How do I submit my poster once it is finished?

Take a photo/scan your poster and submit it via the Google Forms link provided below. Make sure your photo is titled using **UAHW Poster Contest, Full Name, Grade, and School**.
Google Form link: <https://forms.gle/uWfSD5EuW8M5g4V16>

6. How is my poster going to be judged?

Advanced art skill is NOT necessary! Rather, we are looking for you to showcase your ideas and aspirations. Show through your art what you think a world free of discrimination might look like, or feel like. Show us how we can work toward this future. We value your perspective, and look forward to seeing its uniqueness showcased through your artwork. Your posters will be judged by staff from the U.S. Attorney's Office, Southern District of California, members of the Earl B. Gilliam Bar Foundation, and other members of the San Diego legal community.

7. When will I be notified of the results of the contest?

Winners will be notified via email by November 8, 2023. All winners will be invited to attend a ceremony at the U.S. Attorney's Office on Tuesday, November 14, 2023 during United Against Hate Week.

8. What are the prizes?

First place winner will be awarded an Acer Chromebook Spin. Second place will receive an Amazon Fire HD tablet. Third place will receive an Amazon gift card.

9. Who can I contact if I have questions?

For additional information, please contact us at shastity.urias@usdoj.gov or (619)546-9399.

6 WAYS TO BE AN ALLY

Here are some simple things you can do to be an ally to targets of name-calling and bullying. And remember—always think about your safety first when deciding the best way to respond.

1. Support targets, whether you know them or not.

Show compassion and encouragement to those who are the targets of bullying behavior by asking if they're okay, going with them to get help and letting them know you are there for them. Ask what else you can do and make sure they know they're not alone.

4. Inform a trusted adult.

Sometimes you may need extra help to stop the bullying. It's important to tell an adult who you trust so that this person can be an ally to you as well as the target. Telling an adult when you see someone engaged in bullying is never "tattling" or "snitching." So don't think twice—reach out to a parent, teacher, guidance counselor, coach or someone else who will get involved.

2. Don't participate.

This is a really easy way to be an ally because it doesn't require you to actually do anything, just to not do certain things—like laugh, stare or cheer for the bad behavior. By refusing to join in when name-calling and bullying occur, you are sending a message that the behavior is not funny and you are not okay with treating people that way. The next step is to speak up and try to put a stop to the hurtful behavior.

5. Get to know people instead of judging them.

Appreciate people for who they are and don't judge them based on their appearance. You may even find that they're not so different from you after all.

3. Tell aggressors to stop.

If it feels safe, tell the person behaving disrespectfully to cut it out. You can let them know you don't approve on the spot or later during a private moment. Whenever you do it, letting aggressors know how hurtful it is to be bullied may cause them to think twice before picking on someone again.

6. Be an ally online.

Bullying happens online, too, and through the use of cell phones. Looking at mean web pages and forwarding hurtful messages is just like laughing at someone or spreading rumors in person. It is just as hurtful, even if you can't see the other person's face. All the rules above are just as important to follow when texting and on social media. So online and offline—do your part to be an ally to others.

Other Resources

[Bullying and Cyberbullying Prevention Strategies and Resources](#)

[Navigating a Digital World: Tips for Youth \(En español\)](#)

[Taking A Stand: A Student's Guide to Stopping Name-Calling and Bullying](#)

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