Healthy relationships and friendships call for a mutual support of each other’s talents and passions. So we are challenging you to share what makes your heART beat in any art form you choose.

**CHALLENGE RULES**

1. The final product should be a photo or video (1 min or less) of any form of artistic expression including, but not limited to: Dance; Spoken word/poetry; Drawing/painting, etc.

2. The challenge - incorporate an inspirational message into your piece aimed at promoting support, love and self-empowerment. This may be achieved through the inclusion of music in your video. Some of the songs our staff finds inspirational are “Look at Her Now” by Selena Gomez, “Revival” by Gregory Porter and “Don’t Start Now” by Dua Lipa. But if you’re incorporating music, choose whatever song is inspirational to you!

3. Post your final art piece on Instagram, tag us (@TeenSafeConnect) and use the hashtag #heARTbeatschallenge. Make sure your post is public so that we can share it! We encourage you to perform in the language of your choice and you can participate as an individual or as a team.

**BONUS POINTS**

Bonus likes/points will be awarded to the final score for challengers who:

- Follow @TeenSafeConnect on Instagram!
- Tag & challenge a friend(s), rival team(s), etc.
- Caption their post with what a healthy relationship or friendship means to them.

**PRIZE**

The top 5 posts with the most likes/points will be judged by a panel of domestic violence advocates from across the state. The winning challenger/team will receive a pair of customized sneakers and their school will receive a cash prize of $500 to support its students. The prize for team submissions will not exceed $1,000 in value.

**GET POSTING!**

Challenge posts can be made from 2/1/2020 - 3/31/2020 and a winner will be announced on 4/9/2020.

For questions, please contact Crystal Cruz, CCADV Safe Connect Advocacy Coordinator, at ccruz@ctadv.org or (959) 202-5026. And if you need someone to talk to about your relationship, you can find us 24/7 at CTSafeConnect.org.