



Be Heard!

Girlshealth.gov Sounding Board Application

Are you outgoing, passionate, and active in school or your community? Do you stay on top of what's going on in your world and love to talk to others about it? Want a chance to make your opinions count in a place where you can really BE YOU?!

If you answered yes to these questions, you may want to submit an application to our Sounding Board!

Girlshealth.gov is giving girls ages 9 to 14 a chance to be a member of our Sounding Board — a group of girls who share their opinions about everything from what's going on in their lives to what's new on our website.

You will be a part of a girls-only group where your opinions matter and your voice will be heard. Earn great prizes for participating. The more you participate, the more you could receive!

To enter, you will need to do each of these steps:

1. Get permission from your mom, dad, or caregiver to participate.
2. Fill out the enclosed application and be sure to spend a little time on the "opinion statement" at the end of the form. You will be judged on creativity, thoughtfulness, and enthusiasm.
3. Show the filled out application to your mom, dad, or caregiver and make sure they are OK with your responses.
4. Mail or fax the application to:

Sounding Board Application - Girlshealth.gov
Office on Women's Health
Department of Health and Human Services
200 Independence Avenue, SW Room 712E
Washington, DC 20201
FAX: 202-205-2631

Be sure to read our official rules and privacy policy before you enter.

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Dear Parent/Caregiver,

Your daughter is interested in applying for the girlshealth.gov Sounding Board. Girlshealth.gov was developed by the Department of Health and Human Services' Office on Women's Health in 2002. It was created to help girls ages 10 to 16 learn about health and issues they may face as they grow up. It helps motivate them to choose healthy behaviors by using positive, supportive, and non-threatening messages.

The Sounding Board is a group of girls from around the country that help the Office on Women's Health and girlshealth.gov by providing their opinions on our programs and other important issues facing girls today.

In order to apply for the Sounding Board, girls are asked to fill out an application that includes questions about themselves and a request for contact information. Please fill in the space on the Parent/Cargiver Consent Form that asks for your phone number and/or e-mail address.

Once the girls are selected, we will send them a notification in the mail along with prizes and newsletters on a monthly basis. We will also communicate with them through e-mails. If you would like, you can be a silent observer of all electronic correspondence (e-mails and blogs) we send to the girls. Simply e-mail me at girlshealth@hhs.gov and ask to be included as a "silent observer" once your daughter is part of the Sounding Board.

We ask that you review your daughter's application before she sends it to girlshealth.gov by regular mail or fax. Once you approve, please sign the included Parent/Caregiver Consent Form and submit it along with the application.

If you have any questions about the Sounding Board or girlshealth.gov, please contact me at 202-690-7650 or e-mail me at girlshealth@hhs.gov.

Sincerely,

Ann Abercrombie
Project Manger, girlshealth.gov



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Parent/Caregiver Consent Form

Parent/Caregiver Full Name: _____

Parent/Caregiver's Email Address: _____

Parent/Caregiver's Telephone: _____

Child Applicant Full Name: _____

I give permission for my daughter to be a member of the girlshealth.gov Sounding Board. The Sounding Board is composed of a group of girls ages 9 -16 who assist the U.S. Department of Health and Human Services, Office on Women's Health (OWH) in program and material development related to young women's health and well-being.

The girls may be engaged, along with other adolescents, in discussion groups, group e-mails, conference calls, and/or blogs during the duration of their participation on the Sounding Board. If they choose, they can remain on the Sounding Board until they leave high school.

Girls can be removed from the Sounding Board in the event of inappropriate behavior not limited to but including bullying (verbal, online, in-person, etc.), abusive language, and not participating in group activities such as e-mails, blogs, and phone calls.

Parent/Caregiver Signature

Date



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Applicant Information

Full Name: _____

Grade: _____ Year of Birth: _____ Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Telephone: _____

Applicant Essay

One unique thing about me is...

Some of the activities that I participate in are...

Do you have friends inside and outside of school? Tell us some examples of your different groups of friends.



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How often do you hang out with your friends and what sorts of things do you do together?

I stay healthy by...

I am interested in...

How much time do you spend online each week, what types of things do you do online (e-mail, visit web sites, chat, blog, etc.), and which web sites do you visit most often?

Is there anything else that you would like to share with us about yourself?



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Official Rules

This program is open to legal residents of the fifty (50) United States, District of Columbia, and all U.S. territories who are girls between the ages of 10 to 16 years old, who submit parental authorization accompanying the application form.

1) HOW TO APPLY

Applications can be downloaded from girlshealth.gov. Parental permission must be submitted with the application in order for the application to be considered complete. There must be a valid parent/caregiver e-mail address and phone number. All entries become the property of the OWH and girlshealth.gov. OWH and girlshealth.gov may use any of the entries for any purpose whatsoever, without further compensation to the entrant. Applicants will be selected based on her responses to the application questions as well as her answer to the "opinion statement" at the end of the form. Applicants will be judged on creativity, thoughtfulness, and enthusiasm. To be eligible all entry qualifications must be met.

2) PRIZES

Prizes for participation in the Sounding Board will be mailed out to each actively participating member each month. Active participation can include but is not limited to responding to emails, and attending conference calls. Prizes vary in value.

3) RESTRICTIONS AND LIMITATION OF LIABILITY:

One entry per person. Alternate entries will result in disqualification. Void where prohibited by law. The decision of OWH and girlshealth.gov is final. All federal, state and local laws and regulations apply.

Entries. For all entries, all fields must be complete or entry will be deemed invalid. OWH and girlshealth.gov shall have no liability for any malfunction of the Internet, girlshealth.gov website, or any other computer-related processor system.

4) DISQUALIFICATION AND PENALTIES:

All participants agree to be bound by these rules. OWH and girlshealth.gov further reserve the right to disqualify any person for (i) violating any of these rules, (ii) tampering with the entry process or the operation of the girlshealth.gov website, or (iii) engaging in otherwise unsportsmanlike, disruptive, annoying, harassing, or threatening behavior.

5) PUBLICITY RELEASE:

Unless prohibited by law, participation constitutes permission for OWH and girlshealth.gov without any further obligation to the participant, to use participant's name, voice, biographical data and likeness for promotional and marketing purposes.

6) ADDITIONAL TERMS AND CONDITIONS:

OWH and girlshealth.gov shall not be responsible for any administrative errors involved in the execution of any application.

