

Writing & Art Challenge



**OPEN TO MIDDLE SCHOOL
& HIGH SCHOOL STUDENTS**

SUBMISSION DEADLINE: FEBRUARY 17, 2026 (5:00PM)

ABOUT THE EVENT

The Writing and Art Challenge was created, in 2018, by the Montgomery County Women's Center as an avenue for teens to start talking about dating & relationships. It is meant to create a safe environment to explore and discuss the impacts (both positive and negative) of common dynamics found in these experiences. Montgomery County Women's Center has been proudly serving Montgomery and surrounding counties for over 40 years. Our mission is to lead the effort in preventing domestic violence and sexual assault through crisis intervention, assistance, advocacy, empowerment, and social change.

VIEWING PARTY INFORMATION

Please join us for this event to celebrate the submissions from teens across Montgomery County.

The Woodlands United Methodist Church

Friday February 27, 2026

Viewing Party (6:00-6:30pm)

Awards Ceremony (6:30pm)

Friends and family are encouraged to attend.

Refreshments will be served.

Everyone is encouraged to attend the Viewing Party & will receive a Certificate of Appreciation at the Awards Ceremony.

Award Information

MIDDLE SCHOOL AWARDS

- First Place Writing (\$250 Gift Card)
- First Place Art (\$250 Gift Card)
- Second Place Writing (\$100 Gift Card)
- Second Place Art (\$100 Gift Card)
- Third Place Writing (\$50 Gift Card)
- Third Place Art (\$50 Gift Card)



HIGH SCHOOL AWARDS

- First Place Writing (\$1,000 Scholarship)
- First Place Art (\$1,000 Scholarship)
- Second Place Writing (\$750 Scholarship)
- Second Place Art (\$750 Scholarship)
- Third Place Writing (\$500 Scholarship)
- Third Place Art (\$500 Scholarship)



Submission Guidelines

HOW WORKS ARE EVALUATED

All works are evaluated by a blind judging process, by a group of volunteer community members, including high school students and adults. All works will be judged on the following criteria:

- Theme
- Originality/Creativity
- Emergence of personal vision or voice

THEME

Please note that these may be explored across the spectrum to examine how they impact both healthy and unhealthy relationships.

Each entry must be centered on one of the following themes:

- Trust,
- Respect, or
- Communication

WRITING SUBMISSION GUIDELINES

All writing submissions must be on an 8 1/2 x 11 sheet of paper with a minimum of 12 point font. Submissions are limited to ONE PAGE. There may NOT be any identifying information on the front of your submission (name, school, signature, etc).

Submission Ideas Include:

- Essay
- Script
- Journal Entry
- Poetry
- Short Story
- Personal Essay/Memoir

ART SUBMISSION GUIDELINES

Art submissions may use any medium and must meet the following size requirements. There may NOT be any identifying information on the front of your submission (name, school, signature, etc).

- Flat Art (Max size 12x18)
- 3D/Sculpture (Max size 12x12x12)

Submission Ideas Include:

- | | | |
|------------------|------------------------|---------------|
| • Ceramic/Glass | • Drawing/Illustration | • Photography |
| • Jewelry | • Fashion | • Painting |
| • Digital Design | • Mixed Media | • Sculpture |



WRITING & ART CHALLENGE ENTRY FORM

Your submission **MUST** be received by 5:00pm on Thursday February 17, 2026 to either of the following Montgomery County Women's Center locations--
1401 Airport Rd, Conroe TX 77301 or 1600 Lake Front Cir, Woodlands TX 77380.

PLEASE USE YOUR BEST HANDWRITING WHEN FILLING OUT THIS FORM

NAME: _____

AGE: _____ GRADE: _____ SCHOOL: _____

HOME ADDRESS: _____

CONTACT PHONE (SELF): _____ CONTACT PHONE (PARENT): _____

CONTACT EMAIL (SELF): _____

CONTACT EMAIL (PARENT): _____

SUBMISSION TYPE (CIRCLE): ART WRITING

SUBMISSION THEME (CIRCLE): TRUST RESPECT COMMUNICATION

SUBMISSION TITLE: _____

PLEASE ANSWER THE FOLLOWING QUESTIONS ON A SEPARATE PAPER (TYPED)

1. Tell us about you! (create a bio-minimum of 5 sentences)
2. Tell us how your submission relates to the relationship theme you chose.
3. Tell us the meaning behind your piece (title and image).
4. Tell us one thing you learned while creating your piece.

PUBLICATION RELEASE

I hereby consent and give permission to the Montgomery County Women's Center (MCWC) to use my name or likenesses of me (including photographs and/or video) or quotations of my remarks, in any and all of its publications and in any and all other media, whether now known or hereafter existing and for any other use by MCWC I will make no monetary or other claims against MCWC for the use of my name and/or the photograph(s)/video.

I also waive any right I may have to inspect and/or approve any MCWC publications and release MCWC from any and all liability that could result from its use.

PRINT FULL NAME: _____ RELATION TO CONTESTANT: _____

PARENT/GUARDIAN SIGNATURE: _____ ☐ YES, I CONSENT ☐ NO, I DO NOT CONSENT

BY SIGNING THIS DOCUMENT I AM AGREEING TO THE FOLLOWING:

1. My submission is an original piece of writing/art created by me.
2. MCWC is not responsible for any damage to the submission once it is mailed or dropped off.
3. I grant MCWC, and third parties of their choosing, a free perpetual non-exclusive license authorizing my work to be used as they see fit.

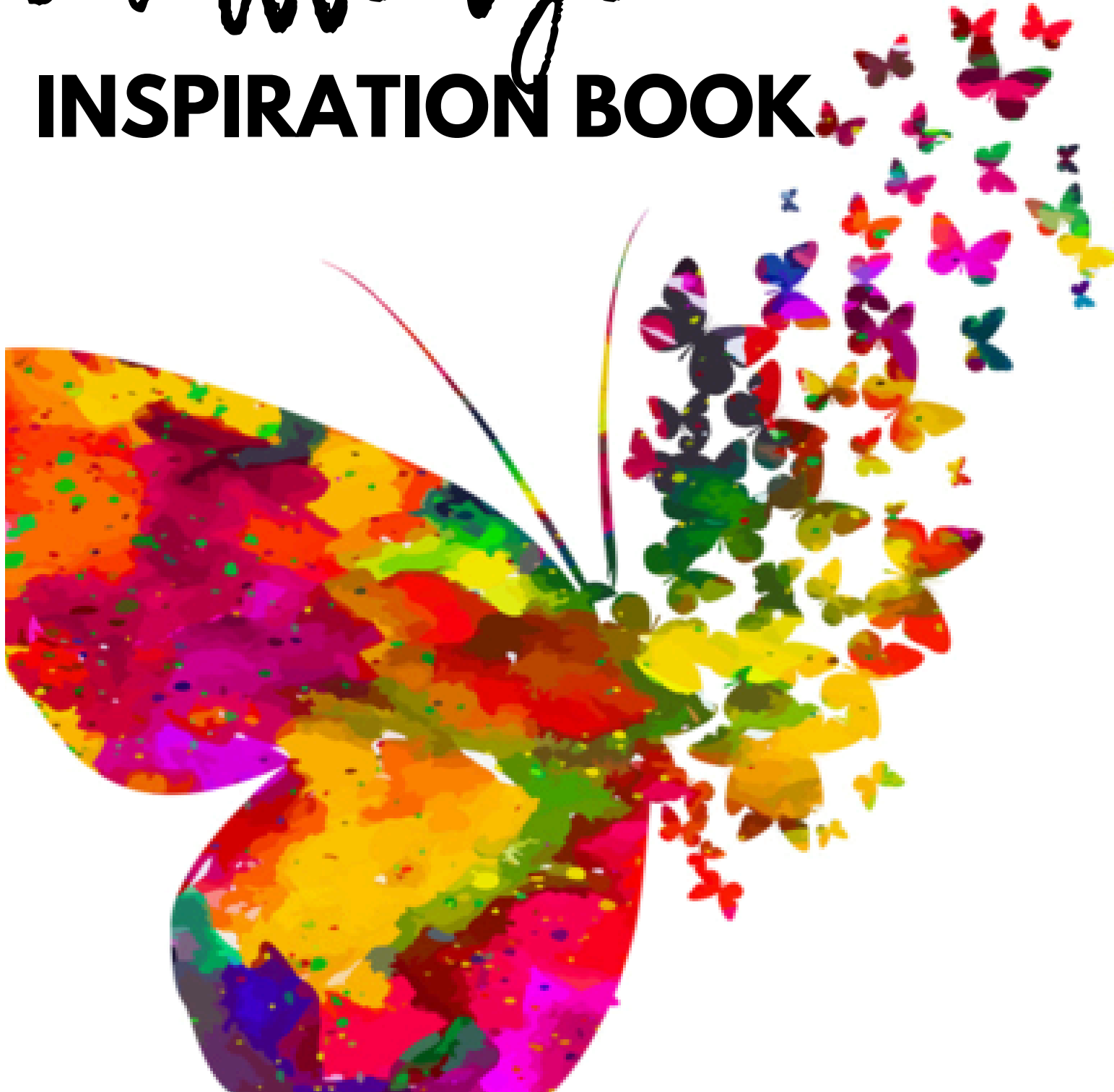
STUDENT NAME (PRINT): _____ SIGNATURE: _____

PARENT NAME (PRINT): _____ SIGNATURE: _____

Contact Us With Any Questions: Outreach@mcwctx.org or (936) 441-4044

Writing & Art Challenge

INSPIRATION BOOK



CHALLENGE INFO OUTREACH@MCWCTX.ORG

NEED HELP GETTING STARTED?

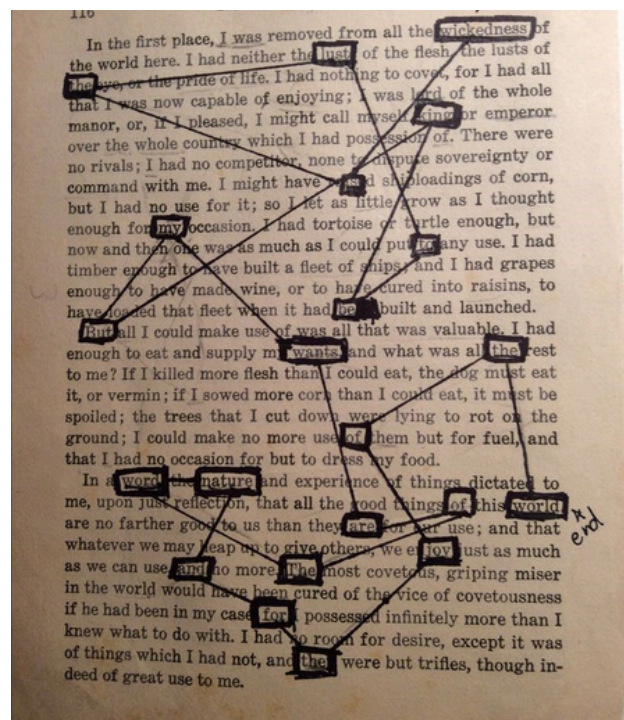
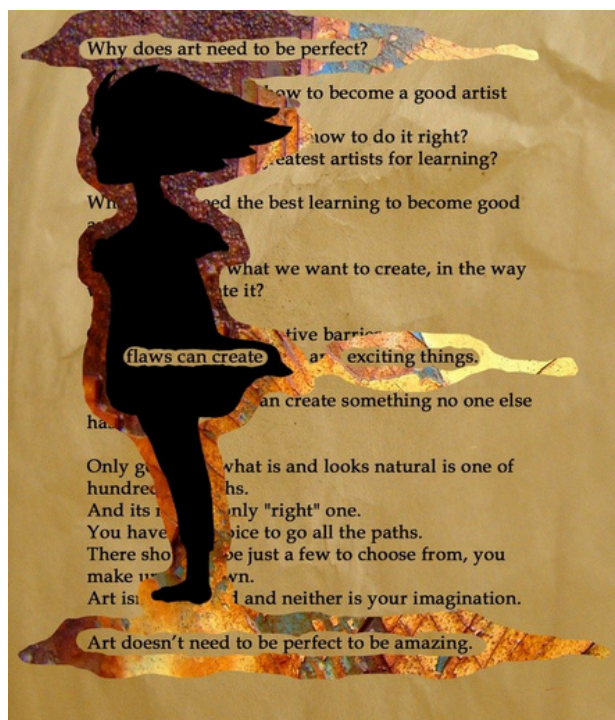
No Problem!! We have created this document to help you get started on your journey to creating your submission for the Writing and Art Challenge. In this packet you will find writing/ brainstorming prompts and a compilation of really amazing **OUTSIDE THE BOX** ideas that can be incorporated into the delivery of your message for both writing and art submissions.

REALLY think about what is going to set your piece apart from the others. How will yours be different? We are challenging you to think outside the box!! If you are submitting a writing piece, you can still have a creative component to it. Think about what will make your submission **POP**!--It's all about the delivery!

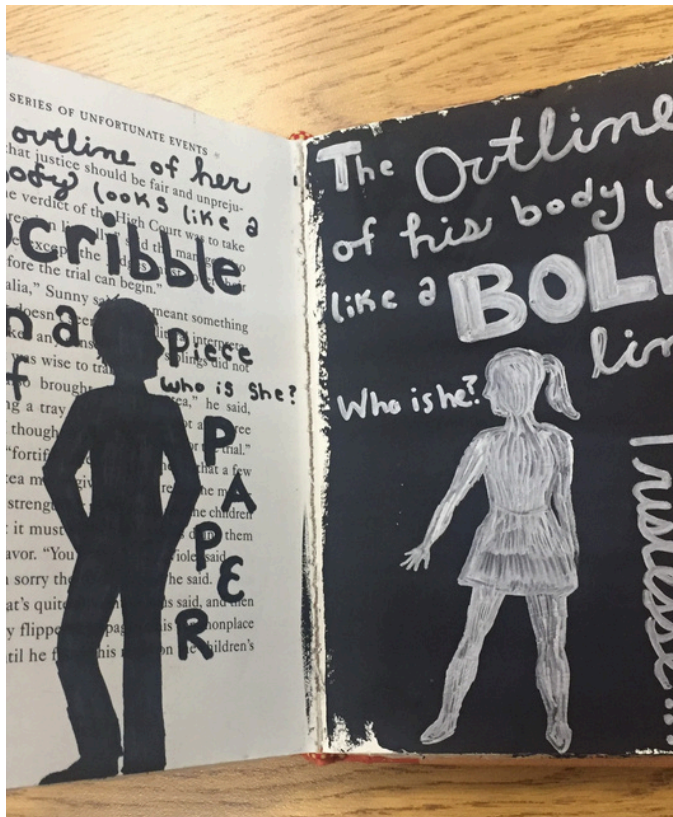
THINK ABOUT...

- Sometimes in relationships we emphasize making someone happy at the expense of our own well-being. Write about the importance of being "real" in relationships and loving yourself first. There is nothing better than loving yourself and being loved for who you are! Write about the things you think no one should have to give up– or pretend to be– to make a relationship work. How does knowing yourself and your boundaries improve your self-esteem? How does ignoring or hiding your boundaries hurt your self-esteem?
- When one person in a relationship makes most of the decisions or doesn't respect the other person's space or boundaries, it is hard on the relationship. Write about how a relationship is better when both people feel equally valued. Brainstorm a list of things that are stronger when they are valued equally, more beautiful when coordinated, or more delicious when in equal amounts.
- Trust builds over time, and once it is broken, it takes time to repair. Write about a moment in time when you built or rebuilt trust with someone you were dating or someone close to you. Write about how you feel when you trust and are trusted, or how it feels when you don't trust, or aren't trusted. How does it impact your relationship with others and yourself? See if you can compare trust to something in nature that is dependable and eternal, like the sunrise; or, see if you can compare distrust to something in nature that can be erratic and destructive, like a forest fire.
- Most of us admire at least one romantic relationship where both partners know how to communicate clearly, listen actively, resist inappropriate social pressures and negotiate conflict constructively. Write about how these qualities make a relationship real. Everyone knows that good communication is satisfying and helpful, and bad communication is frustrating, even painful.

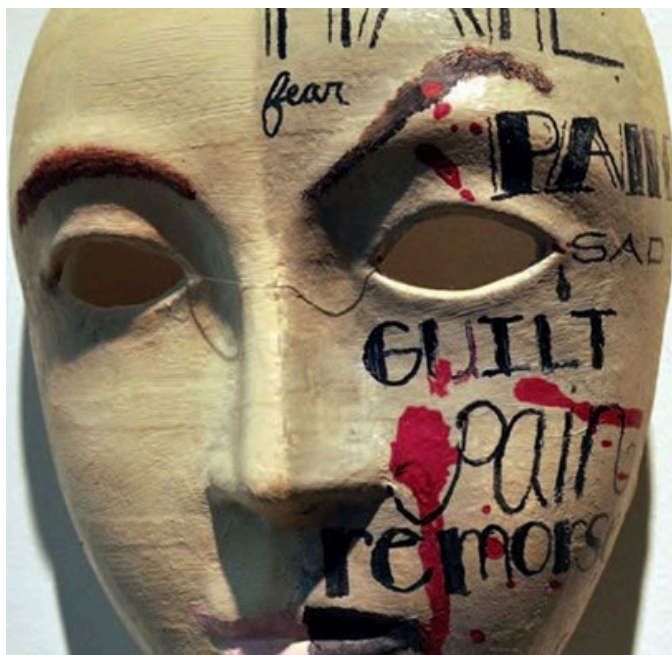
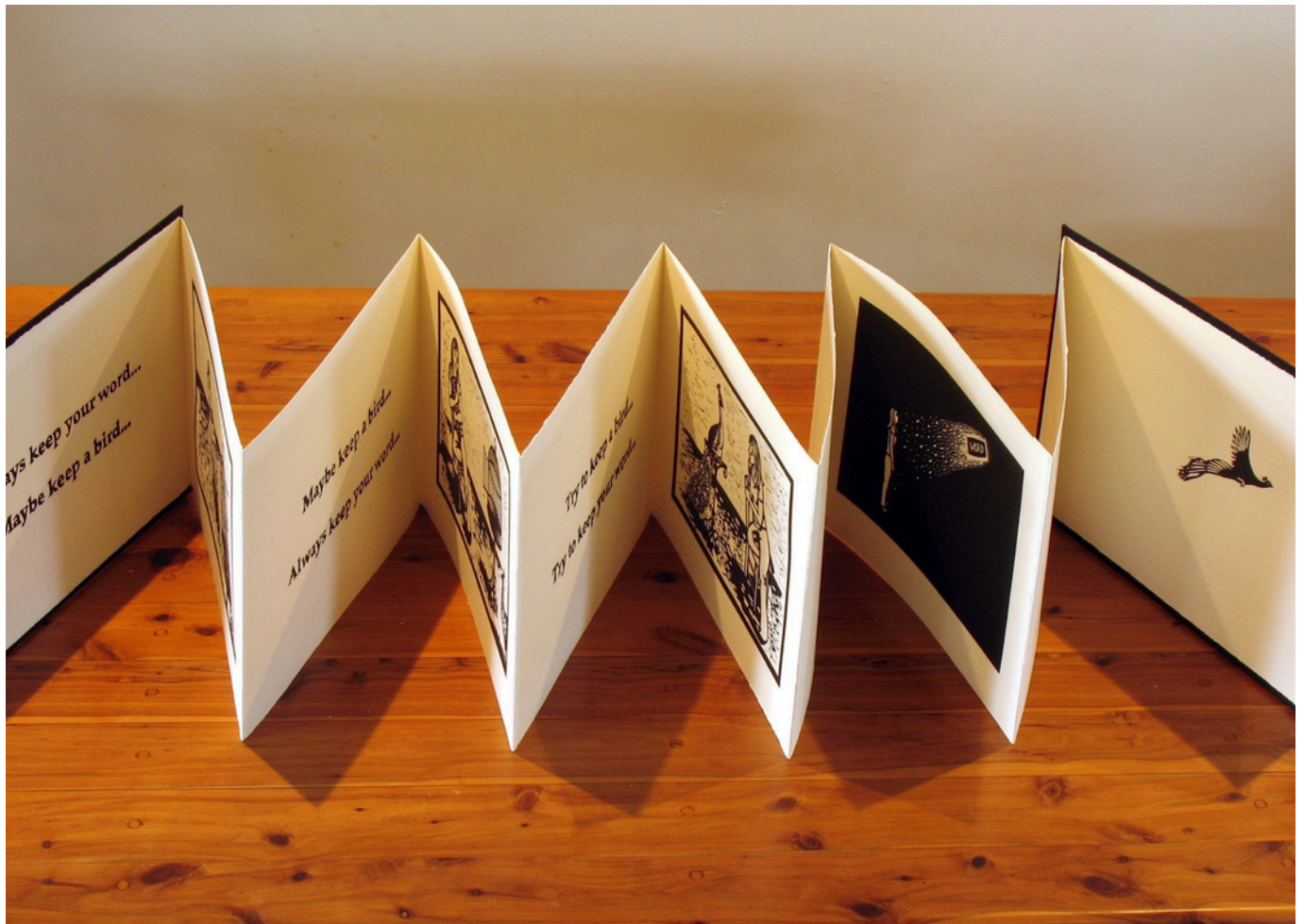
OUT OF THE BOX INSPIRATIONS



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2012 gretchen miller | Cycle of Violence Journey Shoes