

# My Health Choices My Way

## Mascot Contest

### Participant Information Statement



This document is a **Participant Information Statement**

- for the My Health Choices My Way mascot contest.



A **Participant Information Statement** lets people know what

- the contest is about
- you will be asked to do.

This project is about **health care transitions**.



**Health care transitions** are when young people with intellectual disability

- have to move from children to adults' health care.



This happens when you turn 18 years old.



Health care transitions go wrong for a lot of people.



My Health Choices My Way is a project that wants to improve

- health care transitions for young people with intellectual disability.



We want you to design our project **mascot**.

A **mascot** can be anything, like a

- person
- animal
- object.



A mascot is chosen by a group to represent them.

## Who can take part in this contest



You can take part if you:

- have an intellectual disability

12-28

- are 12-28 years old



- live in Australia.



Taking part is **voluntary**.

**Voluntary** means you can say no

- if you do not want to take part.

## What you will do in this contest



The mascot contest is free to enter.



Your mascot can be anything, like a

- person
- animal
- shape

Or your mascot can be something new.



Your mascot should be something that talks about health.



You can focus on:

- health care transitions
- good health care practices.



Or your mascot might be about

- something else that relates to health.



We want a mascot that

- feels friendly



- belongs to young people.



We do not want a mascot that

- has offensive content.



Or has been made by **artificial intelligence**.

We call this **AI** for short.



You can make your mascot in lots of different ways:

- draw it
- paint it
- make a digital drawing
- make a **collage**.



A **collage** is when you cut out:

- paper
- pictures
- magazines

And stick them together to make a new artwork.



We want you to get creative.

## About the contest



The contest opens on 23 April 2026.



The contest closes on 30 June 2026.



If you enter the contest,

- you will need to share a copy of your design.



With your permission,

- we will put your design up on our website.



If your design is chosen as our mascot then it will be used in our:

- videos
- resources
- on our website.

# How to submit your mascot



Download the consent form at [this link](#).



You need to

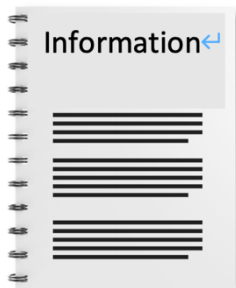
- sign the consent form and
- ask your parent or guardian to sign the form.



Take a photo of your mascot.



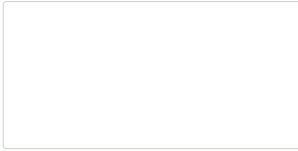
You will need to give us some information about your design.



You will need to tell us:

- how you made it
- what inspired you.

Write about your mascot design \*



You can write this information down.

Tell us about your artwork



Or you can record your voice telling us about your design.



You will need to give us some information about yourself.



You will need to tell us your:

- phone number



- email address.



This is so we can contact you if you win the contest.



Submit your consent form and mascot here:

- <https://form.jotform.com/261087933957067>.



You can ask a support person to help you to submit.



You can contact us if you need help.

## What happens next



A panel of judges will look at all the submitted mascots.



The panel will include young people with intellectual disability.



We will announce who is on the panel before the contest closes.



The My Health Choices My Way team members will make the final decision on the winning design.



The winning design will become the mascot for the My Health Choices My Way team.



The winner will get an iPad.

## Important information about the project



The contest has **terms and conditions**.

**Terms and conditions** are rules you need to follow.



These rules are to protect your rights.



You can learn more by reading the terms and conditions document at [this link](#).



Your information will be kept private.

This means we will not share your information unless the law says we have to.



It is possible that someone might recognise the mascot.



This means that they might know that you made the mascot.



We will

- do our best to keep your information safe.



- delete your information when we do not need it anymore.



You can email us if you want more information about this.

## Benefits



Being a part of this contest is free.



The only thing you need to give is your time.



We do not think there will be anything bad about doing the contest.



If you feel upset from doing the contest, we can

- help you talk to someone about it.



There may be some good things from doing the contest.



You might win a prize.



Your design might be chosen as the project mascot.

## Contact



You can contact us if you have questions.

- Phone 02 9065 1627



- Email [healthmyway@unsw.edu.au](mailto:healthmyway@unsw.edu.au)