

FOREVER HEALED PRESENTS

MY STORY. MY STRENGTH.

Parent & Caregiver Information Sheet

Thank you for encouraging a young writer in your life. This sheet explains the contest, how your child can participate, and how we protect their privacy.

WHAT IS THE YOUNG AUTHORS HEALING INITIATIVE?

My Story. My Strength. is a writing contest hosted by Forever Healed, Inc. for young people ages 5-18 who are Virginia residents. Children and teens are invited to write about a personal experience of loss and about the strength they found along the way.

WHY DID FOREVER HEALED CREATE IT?

Because grief held inside gets heavy. Because a child who tells their story discovers their own strength. Because every young voice deserves to be heard, and every loss has a story worth telling.

WHAT CAN MY CHILD WRITE ABOUT?

Any loss or significant change that has touched their life. This might include the death of a loved one, the loss of a friendship or a pet, a move, a divorce or separation, an illness, having a parent who is incarcerated, or another experience that changed their world. Then, the most important part: how they kept going, who helped them, and what they learned.

AGE CATEGORIES

- **Little Storytellers (Ages 5-8):** may write their story, draw it, dictate it to a grown-up, or record themselves telling it.
- **Young Storytellers (Ages 9-12):** a written story, illustrated story, or creative storybook format.
- **Emerging Authors (Ages 13-15):** a written story with personal reflection and resilience.
- **Young Adult Authors (Ages 16-18):** a more developed narrative of loss, impact, growth, and lessons learned.

HOW IS MY CHILD'S PRIVACY PROTECTED?

Entries are read with care by the Forever Healed team. Only your child's first name and age category are ever shared, and only with your written permission. The media release on the consent form is completely optional. Your child can participate fully without it.

THE OPPORTUNITY

Selected young authors receive a Children's Book Writing Scholarship (open to Virginia residents) and work with Rev. Lina Lassiter to develop their story into a published children's book that will also include supportive guidance to help other families talk with children about grief. The winner will be announced at a special Forever Healed event in March 2027.

Submission Deadline: January 31, 2027

Contactus@foreverhealed.com | 804-684-1113 | ForeverHealed.com/my-story-my-strength

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Parent/Guardian Consent & Media Release

YOUNG AUTHOR INFORMATION

Child's first name: _____

Age: _____

Parent/Guardian name: _____

Email: _____

Phone: _____

Story title: _____

AGE CATEGORY (please check one)

☐ Little Storytellers (5-8)

☐ Young Storytellers (9-12)

☐ Emerging Authors (13-15)

☐ Young Adult Authors (16-18)

By signing below, I confirm that:

1. I am the parent or legal guardian of the child named above.
2. My child is participating voluntarily in the "My Story. My Strength." writing contest.
3. My child is a Virginia resident.
4. The story submitted reflects my child's own words and experience. An adult may have assisted with writing or transcription while preserving the child's voice.
5. I consent to Forever Healed, Inc. reviewing, judging, and selecting my child's entry.
6. If my child is selected, I understand I will be contacted about the Children's Book Writing Scholarship (open to Virginia residents) and will sign a separate agreement for that project.
7. Media release (optional): I consent to Forever Healed, Inc. sharing my child's first name, age category, story, and/or photo on its website and social media to celebrate young voices. I understand I may decline this and my child can still fully participate.

Initials for media release (optional): _____

Date: _____

Parent/Guardian signature: _____

FOREVER HEALED, INC.

Questions? Contactus@foreverhealed.com | 804-684-1113 | ForeverHealed.com/my-story-my-strength