

*Following are some common misconceptions and facts about people with disabilities:*

**Misconception #1:**

Having a disability means you cannot be healthy.

**Misconception #2:**

People with disabilities always need help.

**Misconception #3:**

The lives of people with disabilities are totally different than those of people without disabilities.

**Fact #1:**

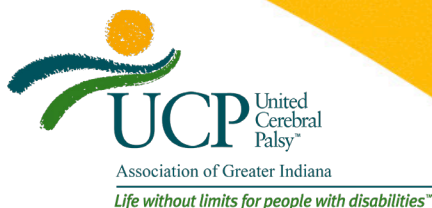
People with disabilities can experience good health by benefiting from the same health-enhancing activities as the general population.

**Fact #2:**

Many people with disabilities are quite independent. However, if you want to help, ask first if they need it.

**Fact #3:**

People with disabilities go to school, get married, work, have families, do chores, laugh, cry, get angry, plan and dream, just like everyone else!



**6270 Corporate Drive  
Indianapolis, IN 46278**

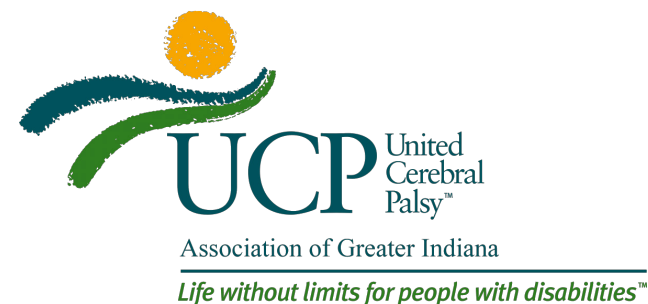
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# **Disability Awareness Essay Contest**



***In celebration of  
March Disability  
Awareness Month***

**FOR MORE INFORMATION  
see above info**

## Who May Enter

Any Elementary, Middle or Junior High School student in Indiana.

Divisions:

- Grades 3 and 4
- Grades 5 and 6
- Grades 7 and 8

## Contest Rules

- Each student may submit only ONE entry.
- All entries should be typed or legibly printed on 8 ½ x 11 white paper.
- Entries should not exceed 500 words excluding title.
- **Entries must include a completed entry form** (copies acceptable)
- Entries must be received/postmarked on or before **March 31st**.
- No entries will be returned. Please keep a copy.

## Essay Content

- Interview a child or adult with a disability and describe his/her experience with the attitudes of others, or...
- Read a book about people with disabilities and describe the impact of attitude on their lives, or...
- Write about your own observations or feelings about attitudes toward people with disabilities.

## Judging Process

- All essays will be judged on the basis of creativity, originality, quality of writing and understanding of the issue.
- A panel of volunteer judges from UCPAIndy will select the winners in each division.

## Prizes

- All entrants will receive a certificate of appreciation for their essay.
- First place winners in each division will receive a certificate and \$150 cash.
- Second place winners in each division will receive a certificate and \$75 cash.
- Winners will be notified by telephone and prizes awarded through UCPAIndy.

*United Cerebral Palsy Association of Greater Indiana reserves the right to reprint any entry in their publications, on company website, or authorize publication elsewhere.*

## Submit Contest Entries Via:

MAIL:

ATTITUDE Essay Contest, UCPAIndy, 6270 Corporate Dr., Indianapolis, IN 46278

EMAIL:

info@ucpaindy.org

## Entry Form

(one per entry – copies accepted)

Contest Division (circle one)

**Grade 3-4    Grade 5-6    Grade 7-8**

Name

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Address

---

City

---

State, Zip Code

---

Contact Phone

---

Email address (parent or teacher)

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***I certify that this is my original work:***  
Signature of Student

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School

---

Teacher Name

---

Signature of Parent or Teacher

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*(This signature indicates that the signee has read the entry and verifies that it is an original work that has not been plagiarized.)*