



How to submit your art to the zine

Expressions of our health: Perspectives of First Nations, Inuit and Métis children and youth

Thank you for your interest in sharing your art with the zine! We're excited to see your creative work about what health and wellness means to you. To submit your original artwork for the zine (and a chance to win prizes), you'll need to send us a good quality digital file of your art.

The contest closes at **6 PM PST on July 28, 2025**, and winners will be drawn on **August 8, 2025**.

What kind of art will be accepted for the zine?

Any original work that could be translated to a print format. This could include drawings, cartoons, short stories under 300 words, poems, paintings, collage, or photos (including photos of crafts, beadwork, carvings etc.) related to what health and wellness means to Indigenous children and youth.

What is an eligible submission?

Eligible submissions must include the following three things.

1. A good quality photograph, scan, or text of your art in a .jpeg, .pdf, or .docx word document. The file should be **no larger than 10mb** to make sure it sends so you may need to compress it. If you need help knowing how to take a good picture, please reach out to kim@birchbarkcollaborative.ca.
2. Fill out the consent form including a parent/guardian signature and name, age and other contact details for artists under 18 years old. You can print the form, fill it out, and photograph it, or write directly in the document.
3. Digital files of the artwork and consent form must be sent by email to kim@birchbarkcollaborative.ca by **6 pm PST on July 28, 2025**. There are no extensions to this date. Kim or another member of the Birchbark Collaborative team will reach out to you to confirm we got your submission, and if needed, to help you with any missing pieces.

How to submit writing (like poems, stories, or comics):

If you've written something like a poem, short story, comic, or diary entry (under 300 words), you can scan, send a photo of it, or instead you can type it up and send it in as a Word document (.doc or docx) or PDF file (.pdf).

Written submissions can be in French or an Indigenous language. Please provide an English translation with your submission.



Frequently asked questions

Expressions of our health: Perspectives of First Nations, Inuit and Métis children and youth

What is this contest about?

This zine artwork contest is a chance for First Nations, Inuit, and Métis children and youth throughout Canada to creatively express what health and wellness means to them. The zine will be called *Expressions of our health: Perspectives of First Nations, Inuit, and Métis children and youth*.

Who is the National Collaborating Centre for Indigenous Health (NCCIH)?

The [NCCIH](#) shares information about First Nations, Inuit, and Métis peoples' health and wellness across Canada, and works to support better health outcomes for Indigenous Peoples.

Who is Birchbark Collaborative?

[Birchbark Collaborative Inc.](#), an Indigenous-led consulting firm based in Winnipeg, is supporting the NCCIH with this project. They are helping the NCCIH to organize the zine contest and some other events for Indigenous youth. They will follow up on all submissions and make sure zine entries have all the required information.

Who can enter their artwork for the zine?

First Nations, Inuit, and Métis children and youth aged 5 through 18.

What is a zine?

A zine is like a mini magazine that can be created by anyone. It is a fun, creative way to share ideas, stories, and art, whether in print or digitally. This zine will be published both on the NCCIH website in a magazine-type format, and it will be available in print so it can be shared with the children and youth who contribute to it, with the wider community, and at national events.

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Is there a deadline to send in my art?

Yes! Submissions must be received by **6 pm PST on July 28, 2025**, without exception.



Is my art being judged?

No. All eligible submissions will be accepted and included in the zine.

I would like to submit a poem. Can submissions be in languages other than English?

Yes! Submissions can be in English, French or an Indigenous language. Please provide an English translation with your submission.

Is there anything I can't put in my art?

Yes, artwork cannot contain:

- Offensive, bigoted, or inappropriate content.
- Brand logos or product placement.
- AI-generated content.
- Photos or images of people's faces, unless there is explicit written permission provided with the entry.
The artist's face may be included if they choose to do so, and their parent or guardian provides consent.

Can I submit more than one piece of art?

Yes! Children and youth can submit multiple pieces of art. All eligible submissions will be accepted, and the zine may have multiple pieces by one artist. However, each artist can only be entered into the prize draw once to make sure everyone has an equal chance of winning a prize.

What are the prizes?

All eligible submissions will receive:

- A printed copy of the zine featuring their artwork mailed to the address provided, once it has been published.
- Each eligible artist will be entered once in a draw for a chance to win 1 of 6 Apple iPad Air (256 GB) with 18 months of AppleCare+ and a protective OtterBox case.
- Each prize is valued at approximately \$1100, and insured shipping is included in the prize.

How and when will prizes be drawn?

Prizes will be drawn at 12 pm PST on August 8, 2025. Every child or youth who sends in an eligible submission will have their name included on a list. This list will be entered into software that randomizes the entries and draws the prizes. All winners will be contacted by phone and email by August 15, 2025. Prizes will be sent to the artist's mailing address by registered mail or courier.



Do children and youth need parent/guardian permission to participate?

Yes, if the art has been created by a child or youth under age 18. The [consent form](#) is available for download from (<https://www.nccih.ca/docs/other/2025-zine-consent-form-EN.pdf>) and available by emailing kim@birchbarkcollaborative.ca.

Who do I contact with questions?

Please reach out to kim@birchbarkcollaborative.ca and Kim or Roberta from the Birchbark Collaborative team will respond to you within 48 hours.



National Collaborating Centre
for Indigenous Health



birchbark
collaborative

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