



2025 Design Contest

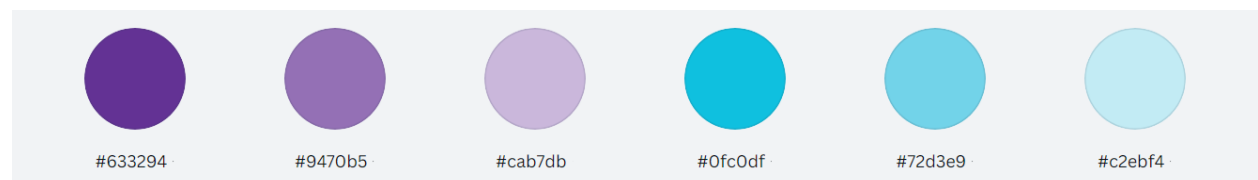
Welcome to the Diabetes Hope Foundation Design Contest! We're excited to see your creativity and look forward to some amazing designs. Please read the guidelines below to ensure your submission is eligible.

1. Eligibility

- Open to Canadian youth 14+ living with type 1 diabetes, supporters or allies. To learn more about type 1 diabetes and the work of Diabetes Hope Foundation (DHF), please visit [Diabetes Hope Foundation](https://diabeteshopefoundation.com).
- Participants may submit individually or in teams*, however **only one prize will be awarded per winning design**.

2. Design Requirements

- **Theme:** Designs should reflect one of the following T1D themes:
 1. What T1D Looks Like for Me
 2. T1D Resilience & Strength
 3. T1D Has Made Me...
 4. Raising Awareness About T1D
- **Size & Format:** Submit designs in a high-resolution digital format (.PNG or .JPEG), with a minimum resolution of 300 DPI. The file size should not exceed 10MB.
- **Dimensions:** The design should fit within 4200 x 4800 pixels (wide x tall).
- **Color Palette:** Designs should incorporate one or more of DHF's brand colours, listed below. Other colours are encouraged!



**If you have an idea but are not an artist, email heather@diabeteshopefoundation.com to request being paired an OCAD design student to help bring your concept to life.*

- **Originality:** Submissions must be original artwork*, created specifically for this contest, and not infringe upon any copyrights or trademarks. ***AI designs are not eligible.***

3. Submission Process

- **Deadline:** All entries must be submitted by **December 31st, 2025.**
- **Method:** Email designs to info@diabeteshopefoundation.com , including 1-2 lines explaining the message behind your design.
- **File Naming:** Name your file as "[YourName] DHF Merch Contest 2025" to help identify submissions.
- **Limit:** Each participant/team may submit up to 3 designs.

4. Judging Criteria

Designs will be evaluated by the DHF Merch Design Committee. When creating your design, take into account:

- Creativity and originality
- Relevance to the theme
- Visual impact and aesthetic appeal
- Positive messaging
- Suitability for printing on T-shirts and other merchandise

5. Prizes

- The chosen design will receive a **\$1000 cash prize** as well as t-shirts for the designer(s) personal use.
- The chosen design will be printed on **t-shirts** for use at upcoming DHF events.

6. Rights & Usage

- By submitting, participants grant Diabetes Hope Foundation the right to reproduce, modify, and use their designs for promotional purposes, including merchandise production, fundraising and marketing.

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- All monies raised from the sale of contest merchandise will be used to support DHF's free programs and resources for youth living with T1D.
- Once participants submit their artwork to the contest, Diabetes Hope Foundation obtains the right to the design. Artists will be credited on all merchandising and promotion including their design(s).

7. Additional Terms

- Ensure your design is respectful and appropriate for all ages. Designs including profanity, political/religious messaging and/or controversial symbols will be disqualified.

8. Questions?

If you have any questions, please reach out to heather@diabeteshopefoundation.com.

Good luck, and happy designing!

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