

# Letters to Abby: Pro-Life Essay/Video Contest

**Who:** High School Students

**Deadline:** Thursday, Oct. 31, 2019

## Instructions:

Watch the movie *Unplanned* about Abby Johnson, the former Planned Parenthood clinic director whose conversion story is told in the movie. Either in written form or video form (choose only one form), imagine you are (a) writing a letter, or (b) speaking to Abby Johnson. Tell her:

- What affected you most powerfully from the movie
- How you think *Unplanned* gives hope to the pro-life movement
- What you would want to share with a friend who is not sure what to think about abortion
- Some specific way you are committed to becoming a pro-life witness in the world

**\*How to watch *Unplanned*:** Streaming services: [www.SeeUnplanned.com](http://www.SeeUnplanned.com) (support the pro-life filmmakers here!), Netflix, Amazon Prime Video, FandangoNOW, Vudu.  
DVD purchase: [www.SeeUnplanned.com](http://www.SeeUnplanned.com) (support the pro-life filmmakers here!), Walmart, Amazon.

**\*Parental Discretion:** This contest is limited to high school students, as it requires them to watch the film *Unplanned*, which shows the viewer how Abby Johnson came to see the awful reality of abortion.

**First Prize:** One winner in each category (written letter and video) will have their fee paid for the diocesan Pilgrimage for Life to Washington D.C. (Jan. 22-26, 2020). The winner may use the prize or donate it to a friend.

**Second Prize:** In each category, the second-place prize will be payment of the fee for round-trip travel to the Jan. 11, 2020 Chicago March for Life. The winner may use the prize or donate it to a friend.

## Written Letter Guidelines

1. Must be 400-600 words in length, double spaced with the pages numbered. Use no smaller than 12 pt. font.
2. Include a cover sheet that contains the following information about you: full name, mailing address, email, phone number, grade level, date of birth, parent's name, and word count.
3. Email the letter, your cover sheet and this signed form to [ministries@diolc.org](mailto:ministries@diolc.org) no later than Oct. 31, 2019.

## Video Guidelines

1. Must be 3-5 minutes in length.
2. Include a cover sheet that has the following information about you: full name, full mailing address, phone number, grade level, date of birth, and parent's name.
3. Please upload your video submission to a USB flash drive (Note: flash drives will not be returned).
4. Mail the USB flash drive containing your video submission, cover sheet, and this form to:

**Diocese of La Crosse, Attn: Office for Ministries and Social Concerns**  
**P.O. Box 4004, 3710 East Avenue South La Crosse, WI 54602-4004**

*\*Envelope containing video must be postmarked no later than October 31, 2019*

---

By signing this form, the student and parent/guardian both confirm the submitted essay or video is original and not copyrighted. Further, because the movie *Unplanned* has a mature theme and contains a few graphic images related to abortion, the signature of a parent or guardian indicates their approval of their child viewing the movie.

Student Signature: \_\_\_\_\_  
(Type full name in the box above.)

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_  
(Type full name in the box above.)

Date: \_\_\_\_\_

NOTE: After completion of the contest, the Diocese of La Crosse may request a second signed permission in order to publish or post a letter or video. Be assured that the Diocese of La Crosse will NOT publish or post any letter or video without first obtaining such a written release, signed by both the parent/guardian and the student.