



## CALLING ALL TEACHERS, PARENTS, AND YOUNG PEOPLE!



Hi! We're Asherah Weiss and Jessica Martin, the teachers and artists behind the viral public art project called Peptoc.

Last year we collaborated with elementary students to make encouraging posters for our local community, and we also made a hotline featuring pre-recorded pep talks from the students. If you call you might hear gems such as **"if you're frustrated, go scream outside,"** **"be grateful for yourself,"** and kindergarteners laughing with delight. Call 707-8-PEPTOC (1-707-873-7862) to hear for yourself!

The hotline went viral, twice, and has received over 11 million calls in 9 months, with surges of up to **2.5 million calls in one day**. We've received press and calls from all over the globe.

## YOU ARE INVITED TO SUBMIT POSTERS FOR OUR BOOK

**Join the movement! Peptoc is a project that celebrates the power and creativity of young people, and shows that it can be easy to make positive change in the world.**



We are working on a book inspired by Peptoc, slated to be published Spring 2024 (Published by Andrews McMeel/ Simon & Schuster). **The book will feature posters with encouraging words and drawings, made by young people from around the world.**

We are accepting submissions for the book until **April 13th, 2023**. Please take a look at the following guide, invite young people (ages 2-21) to make some posters with images or words of encouragement for their community, and send us photos of what you made! Words can be in one's native language, and drawings are great too.

**It takes about 30-60 minutes to do the whole project.**

READY TO TAKE PART?



FROM THE CREATORS OF **Let's Do It!**

# MAKE YOUR OWN POSTER

The Guide



## 1 THINK ABOUT IT...



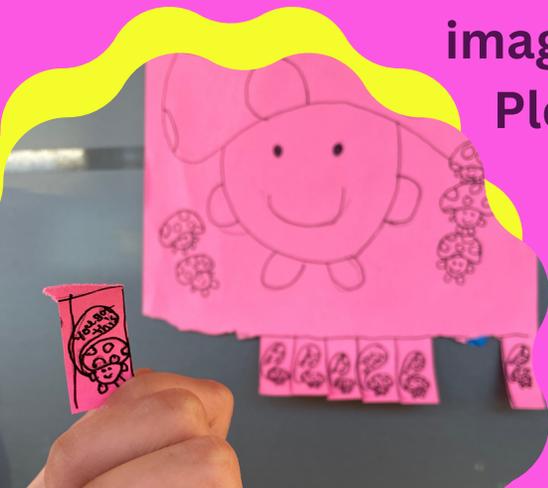
“What could you do or say to help someone who is having a hard day?”

Think about a time when you were feeling sad, angry, or frustrated and what helped you. Talk to others about what has helped them during a challenging time.

## 2 MAKE YOUR POSTER...



Draw your idea on regular paper. Use a dark marker so it stands out! Your poster can have images, words, or a combination of both. Please keep your messages positive.



**Note to supportive adults:** When supporting young people in this project, allow them the space to really choose how they will express themselves. Misspellings are okay; do not fix or edit. If it's hard to read, encourage a second try.

