

Arts and Education

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# Call for Short Fiction Stories by Young People

Application Guideline  
11 October 2020

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# Introduction

To mark International Day of the Girl Child, the British Council, Room to Read and UNICEF are calling on young people in Nepal to submit short stories.

## What will happen to the stories?

All stories will be digitally published as part of the programme. The young authors of the stories will be credited for their work.

Out of the entries, 20 stories will be selected by a panel made up of the three partnering organisations and storytelling experts. The authors of these stories will be invited to attend workshops on storytelling, reading and writing

- Stories will be scored by the panellists considering the quality of storytelling, creativity and how gender is represented in the stories
- Workshop will be remotely delivered

## The Workshop

During the workshop, the participants will learn from storytelling experts about character development, plot, setting and how to tell a good story.

The workshop facilitators will also guide the participants in reworking and polishing their stories.

## Anthology production

After the text has been finalised, participants will work with professional women artists to create images for their stories. All stories, along with the art, will be digitally published.

## How to submit your stories?

Parents/guardians/teachers need to apply on behalf of children.

[You can apply by filling up this form](#)

Here is a printable version of the form

If you do not have access to the Internet or would like to make an offline application, you can contact our offices:

British Council: Bhogendra Lamichhane | 01 4237715

Nhooja Tuladhar | +977 985 122 5791

Room to Read: Nistha Shrestha | 01-4102129

UNICEF: Preena Shrestha | 977-1-5523200

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## My Heroine

Write a story about your ideal heroine. Heroines are not limited to women actors that you see on television and in the magazines. The word means much more. A heroine could be somebody who is strong, somebody who is hard working, somebody caring or somebody who makes a difference in your society or in this world.

We would love for you to imagine a heroine of your own and write a story about her.

Here are a few words that you could use to describe your heroine:

- Strong
- Fierce
- Kind
- Caring
- Adventurous
- Bright
- Charming
- Courageous
- Intelligent
- Generous
- Helpful
- Amazing
- Incredible
- Super

Surely there are many more words to describe your heroine. Time to get started!

### Eligibility

- Young people aged 10-14 years can send their stories
- The story can be maximum 400 words and not more than that
- Both girls and boys can send stories about their heroines

### Notes for the Guardian

- Stories can be written in any language. This could be Nepali, English, the child's mother tongue, for example
- You can help your child by introducing them to personalities you think have helped bring positive change in the world
- Help your child by thinking of the contributions of women and girls around them (their family members and their friends) and how these people contribute to the happiness in their lives
- Most importantly, encourage them to be creative. Their heroine can be truly unique!

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## Our Lives Today

Adolescence is one of the most important times in our lives. This is when we first start to interact with the world, learning, growing and having fun in the process. This is a time of transformation – both mentally and physically. For a lot of us going through this journey can at times be stressful, affecting our mental health. This year has been particularly challenging with the pandemic resulting in most of us being out of school and missing out on everyday social activities.

But because of the stigma and taboo surrounding mental health, it's not always easy to talk about these problems, or ask for help, whether for ourselves or others. Writing stories can be a great way of starting these conversations. We would like to encourage you to write short fiction inspired by your own life or that of people you know, and show why opening up, sharing and talking about mental well-being is so important in our young lives today.

Here are some words that you can based our story around:

- Dreams and ambitions
- Death and life
- Love
- Health
- Addiction
- Friendship
- Losing a loved one
- Belonging
- Bullying
- Loneliness
- Self-harm
- Stress
- Anxiety
- Self-loathing

### Eligibility

- Young people aged 15 – 18 years can send their stories for this theme
- The story can be maximum 600 words and not more than that
- Both girls and boys can send stories about their heroines
- Stories can be written in any language. This could be Nepali, English, the child's mother tongue, for example

### Notes for the guardian

- Mental health problems are estimated to affect 2 out of 10 adolescents. And serious consequences such as suicide and self-harm account for nearly 6% of all deaths among young adults which is second only to road-traffic injuries.
- Over 40% of Nepal's population is under 18 years of age, and most young people with mental health conditions do not receive professional help.

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- Nepal has high suicide rates among young people in the region. Another significant issue among school children is bullying, which is associated in an increase in mental health issues. Many students in Nepal have also reported feeling lonely, not being able to sleep at night (because of stress or worrying) and having no friends.
  - it has been observed that in countries like Nepal substance abuse in young people has strong correlation to lack of support for mental health management, which does not receive attention at home nor at school.
  - Girls are more susceptible to mental health challenges in Nepal, there are many reasons why, but a key reason is because of social make-up that put undue burden on a girl's role in society. Girls are three times as likely to experience depressive symptoms. And in Nepal, they are more significantly at higher risk of suicide ideation and anxiety/stress than boys.
  - You can talk to your child about the above-mentioned points and help them develop ideas for their stories