



Directing Change

Program and Film Contest

Introducing

the Hope & Justice

Category

Directing Change is an evaluated program that engages youth to learn about mental health, suicide prevention and other critical health and social justice topics through film and art.

www.DirectingChangeCA.org

Submissions accepted and awarded monthly

- Open to youth ages 12-25
- Participants are eligible to submit one entry per month
- Submissions due on the last day of every month September 2020 through March 2021
- First place (\$300 Amazon Gift Card)
- Second Place (\$150 Amazon Gift Card)
- Third Place (\$100 Amazon Gift Card)
- Honorable Mentions (\$25 Amazon Gift Card)

View the full contest rules at www.DirectingChangeCA.org

Step 1: SELECT A SUBMISSION FORMAT

Express yourself! Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, a speech, ANYTHING! This is your chance to tell your story and be creative.

- Blog, poem, spoken word, or other narrative (500 words or less)
- Video PSA (60-seconds)
- Visual Art (E.g. painting, digital art, sketching, comic, or any other art form.)
- Short video, animation or Tik Tok (15-seconds or less)
- Radio PSA (30-seconds)
- Original music (3 minutes or less)

Step 2: CHOOSE A CONTENT AREA. Options include Hope, Justice or Monthly Prompt

HOPE

Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times.

- What helps you get through tough times? Are you practicing self-care through reading, dancing, listening to music, writing, watching your favorite films? And what if that isn't enough?
- What do you see or experience in your life or community right now that gives you hope during this challenging time?

JUSTICE

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more.

- Create a project that shares a perspective or your personal experience with discrimination or injustice because of who you are, in a way that gives others a glimpse of what it is like to walk in your shoes and live in your skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS:

WHAT THIS ELECTION
MEANS TO ME

HOPE IS...

CREATIVE WAYS TO
MEASURE 6 FEET
PHYSICAL DISTANCING

MY REASON FOR
WEARING A FACE COVERING....

WHAT MAKES YOU
FEEL BETTER WHEN YOU
ARE FEELING DOWN?

Visit DirectingChangeCA.org for the calendar of monthly prompts!

If at any time you are experiencing an emotional crisis, are thinking about suicide or are concerned about someone call the **National Suicide Prevention Lifeline Immediately: 1-800-273-TALK (8255)**. This is a free 24-hour hotline

Other Ways to Get Involved

In addition to the Hope & Justice category, the Directing Change Program is a free and evaluated youth suicide prevention and mental health program with 30 and 60-second film submissions accepted annually with a March 1 deadline. Submission categories include Suicide Prevention, Mental Health Matters, Through the Lens of Culture, Animated Short and SanaMente. Lesson plans and educational resources provided!

WWW.DirectingChangeCA.org



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Your Social Marketer, Inc.