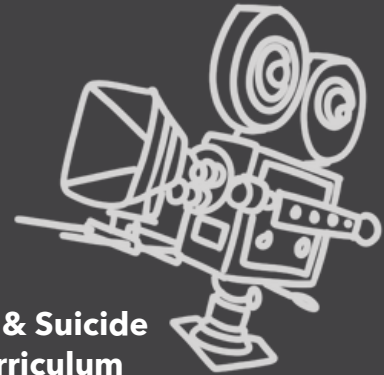


Win up to  
**\$1000**  
and make a difference



The Directing Change Film Contest is for young people ages 12 to 25 that want to combine creative expression with making a difference in their communities by creating stories about mental health, suicide prevention, and other topics that matter.



## ENTER FILM CONTEST

- Open to students in middle and high school, and young adults through age 25
- Free to participate
- Mini grants available to schools, clubs and organizations (up to \$1,500)
- Cash prizes for youth (up to \$1,000)

## Mental Health & Suicide Prevention Curriculum

LEARN

APPLY

SHARE

## SUBMISSION CATEGORIES



- SUICIDE PREVENTION
- MENTAL HEALTH
- ANIMATED SHORT
- WALK IN OUR SHOES
- THROUGH THE LENS OF CULTURE

*Films in English, Spanish, ASL, and all languages welcome!*

## The Hope & Justice Art & Film Contest



Submissions accepted on a monthly basis in various art forms including film, music, visual art and more. Visit [hopeandjustice.art](http://hopeandjustice.art) for contest rules, prizes, and monthly prompts. All 60-second films submitted to Hope & Justice are automatically entered into the Directing Change Film Contest.

## OUTCOMES

**Submissions due: March 1**

Recognize warning signs for suicide and know how to get help for a friend or themselves.

Know the facts about mental health, coping with adversity, and where to find help.

Have the confidence to stand up for others experiencing stigma or discrimination as a result of a mental health challenge.

Apply critical thinking to issues around equity and justice.

**Free lesson plans and educational materials available!**

# TO GET STARTED

## STEP 1:

### Select Adult Advisor

All youth participants need to have an adult advisor. An advisor can be anyone, a teacher, friend, parent, social worker, or other adult.

The adult advisor will need to register by creating an Advisor Profile.

## STEP 2:

### Create a Youth Profile

All youth must create a Youth Profile. As part of creating a profile they will have to submit a signed release form.

For youth under 18 years old, the release form must be signed by a parent/guardian.

## STEP 3:

### Submit an Entry

Before submitting an entry, all youth who worked on the project have to create a youth profile under the same advisor.

The last step is to upload the project to the Entry Form and submit!

If at any time you are experiencing an emotional crisis, are thinking about suicide, or are concerned for someone, call or text **988** to reach the **Suicide & Crisis Lifeline**. This is a free 24-hour hotline.

# GET INVOLVED

The program is based on an evaluated curriculum and is free to schools and districts. It can be implemented in the classroom, by a club on campus, or as an after school activity.

[DirectingChangeCA.org](http://DirectingChangeCA.org)

Youth Creating Change is a non-profit organization (501 c3) dedicated to placing young people's voices and creativity at the center of suicide prevention and mental health programming. Our mission is to educate young people about mental health, suicide prevention, and other critical health and social justice issues through the creation of art and film projects to facilitate healing and belonging through creative expression and to support schools and communities through curriculums, trainings, and awareness activities in creating safe spaces where young people feel seen, heard, and supported in reaching out for help.





# Monthly Prompt Calendar

2024/25

The Hope and Justice Art and Film Contest is an opportunity for youth to express themselves and use their feelings and their voice to encourage purposeful action and to start conversations that matter through creative expression.

The contest features three categories: **Hope**, **Justice**, and **Monthly Prompt**, offering youth the chance to explore different themes and showcase their creativity. Entries are accepted monthly and are due the last day of the month at midnight.

## 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? What do you see or experience in your life or community right now that gives you hope?

## JUSTICE:

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences, and more. What changes do you want to see in your community? What can young people do to take a stand against injustice?

## MONTHLY PROMPT:

See our Monthly Prompt calendar for more details!

## SPECIAL CHALLENGES:

Special challenges are offered throughout the year. During certain months, all entries submitted that respond to the special challenge prompt receive a \$20 Amazon gift card and qualify to win a grand prize of \$100. (These prizes are in addition to the regular Hope and Justice contest for that month.)

## ANNUAL FILM CONTEST

Do you know about our annual film contest? Learn more at [DirectingChangeCA.org](https://DirectingChangeCA.org).

[www.HopeandJustice.art](http://www.HopeandJustice.art)



# MONTHLY PROMPT CALENDAR SEPTEMBER 2024 THROUGH MAY 2025



September 2024

October 2024

## Never a Bother

Life can get overwhelming, especially when we experience small and big life changes like going back to school, moving, going to college or a new school, or even starting a job. This month, create a film, art piece, song, or narrative that reminds us that we don't have to face these challenges alone. Let someone know that it's okay not to be okay sometimes and remind them that they are never a bother.

This prompt is offered in partnership with Civilian and California's Youth Suicide Prevention Media Campaign funded by CDPH. Learn more at [NeveraBother.org](http://NeveraBother.org).

SPECIAL 988  
VIDEO & ART  
CHALLENGE



Never a  
Bother

## What This Election Means to Me

Being under 18 years old may mean that you cannot vote in the upcoming general election, but it doesn't mean that young people cannot contribute to political engagement and conversations about issues that are important. This month, use your creativity to create art that explores how you've been taking care of your mental health this election year or what representation in elected leaders means to you. Creatively share stories and issues you care about.



November 2024

December 2024/January 2025

## "A Space to Be You"

This prompt was inspired by the [I am From Project](http://IamFromProject.com) which gathered "I Am From" creations in all forms (poetry, music, art, and film) to express how where we are from can unite us rather than divide us. A space to be yourself and a sense of belonging is also important for our mental health, so this month, creatively reflect on where you come from, the circumstances or people that have helped shape you into the person you are today, and what is in the stars for you in the future.

For *A Space to Be You*, explore the free [Soluna App](http://SolunaApp.com) to destress and reset, free write your feelings, chat 1:1 with a coach, and more!



This prompt is offered in partnership with the CalHOPE Schools initiative. Learn more at [CalHopeSchools.org](http://CalHopeSchools.org).



**Stay Tuned - Prompt will  
be Announced Soon!**



February 2025

March 2025

## Find Your Anchor

All of us benefit from an anchor, one that keeps us firmly planted, no matter what winds or storms may come. This month, think about what your anchor is when you are going through a tough time and how it helps you stay hopeful; then, express it through art, writing, music or film. An anchor could be a hobby or activity; a form of self-care like music, journaling or breathing; or any little thing that brings you joy, helps you cope and reminds you about your reason for living.

The prompt is offered in partnership with the CalHOPE Schools initiative. Learn more at [CalHopeSchools.org](https://CalHopeSchools.org)



SPECIAL  
TIKTOK  
CHALLENGE



FIND  
YOUR  
ANCHOR

## Remember to Submit to Annual Film Contest

The deadline for our annual film contest is March!

- Multiple submission categories for 30-second and 60-second films focused on mental health and suicide prevention topics.
- Win up to \$1000 in cash prizes and be recognized at a statewide red carpet award ceremony!

Learn more at [DirectingChangeCA.org](https://DirectingChangeCA.org)



April 2025

May 2025

## Mental Health Thrival Tips



How do you take care of your mental health? Create a project that shares how you get through tough times, how you practice self care, or what you see in your life or community that gives you hope during challenges. Create videos, TikToks, or art that shows specific breathing, grounding, or healing activities or apps you use (like the Soluna app!) that help you when you're feeling down or that help keep you from feeling overwhelmed.

This prompt is offered in partnership with the CalHOPE Schools initiative. Learn more at [CalHopeSchools.org](https://CalHopeSchools.org).



SPECIAL  
ART  
CHALLENGE



## Stay Tuned- Prompt will be Announced Soon!

May is Mental Health Matters Month. All entries for this month should incorporate the lime green ribbon as a symbol of mental health in a creative way.

This prompt is offered in partnership with Civilian and California's Youth Suicide Prevention Media Campaign funded by CDPH. Learn more at [NeveraBother.org](https://NeveraBother.org)

SPECIAL  
ART  
CHALLENGE



Never  
Bother