

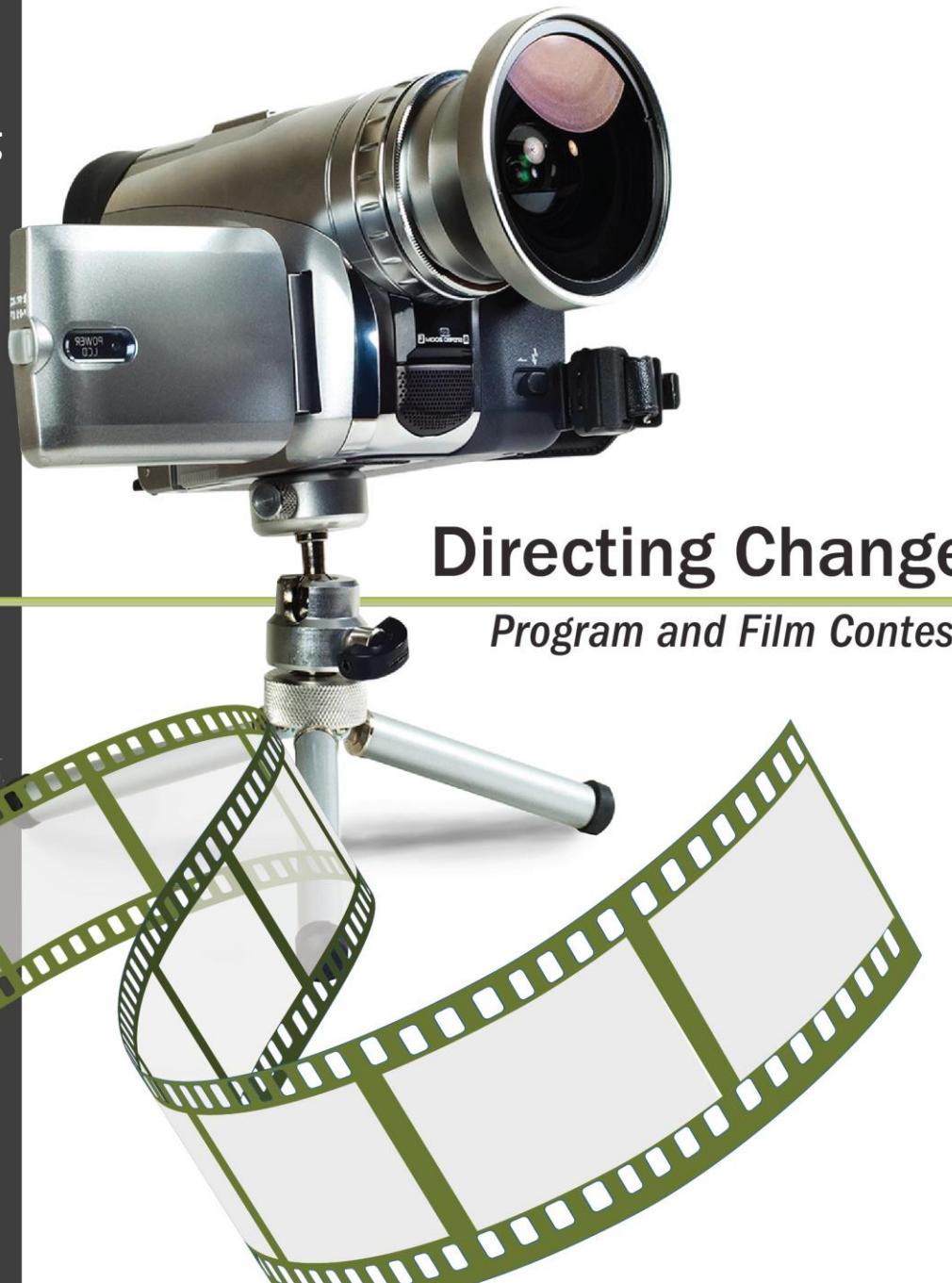
www.DirectingChangeCA.org



California's Mental Health Movement



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



Directing Change

Program and Film Contest



What is Directing Change?

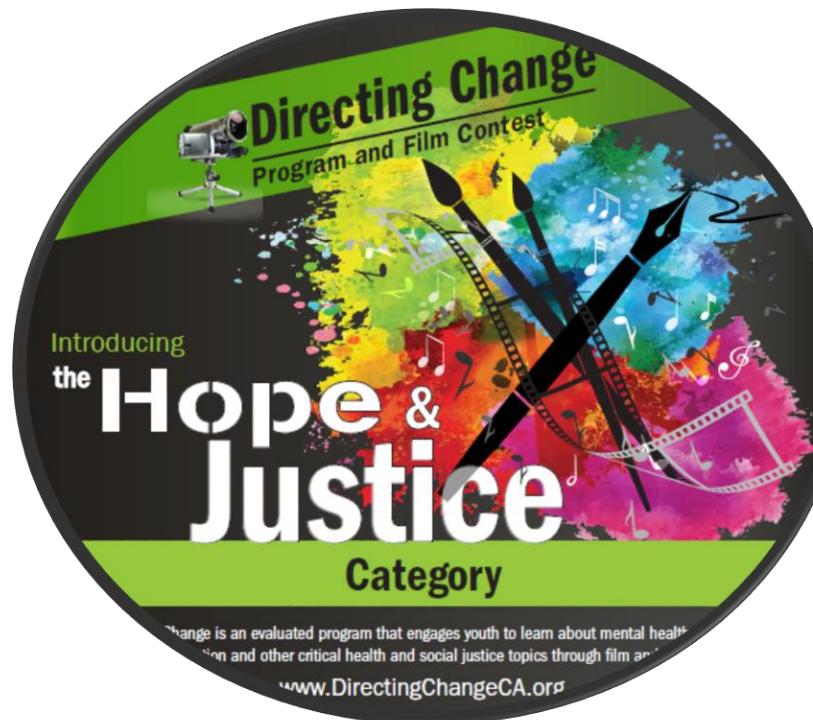
The Directing Change Program & Film Contest is a free and evaluated program that engages youth to learn about **mental health, suicide prevention** and other critical health and **social justice** topics through film and art.

Youth are exposed to knowledge about the topics of **mental health, suicide prevention, and social justice** through educational resources, instructional tools to educators, and additional resources to further learning about the basic components of these topics. From here, youth must apply their knowledge to create their own unique message about suicide prevention, mental health and social justice for their peers. The creative process of filmmaking and creating art requires youth to synthesize their knowledge resulting in a deeper level of understanding.

NEW *Hope & Justice* Category

With everything going on right now, many youth are looking for ways to share what they are experiencing, how they are coping, and explore what drives them to stay hopeful for the future. **The *Hope & Justice* category is an opportunity for youth living through history to express their feelings and to inspire others through art.**

- Submissions are due at midnight of the last day of the month
- Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, film, a speech, **ANYTHING**
- First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards



Submission Steps

Select Content

- Hope, Justice, or monthly prompt

Select Format

- mp4 or mov film files
- mp3 audio file
- png or jpeg for photo files
- doc or pdf for written pieces



**Fill out Entry Form and
upload your art**

Sign release forms

(parent and guardian
signatures required if
under 18)

3 Topic Options for Hope and Justice Category

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?

HOPE IS...

HOPE IS...

FEELING DOWN?

September's Prompt

The first month's prompt is:

What this election means to me

OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS:

WHAT THIS ELECTION
MEANS TO ME

HOPE IS...

MY REASON FOR
WEARING A FACE COVERING....

CREATIVE WAYS TO
MEASURE 6 FEET
PHYSICAL DISTANCING

WHAT MAKES YOU
FEEL BETTER WHEN YOU
ARE FEELING DOWN?

September's Prompt

The election is on **November 3rd**. Here are some things to think about:

THINK: According to the U.S. Census Bureau the largest group of non-voters consists of 18-24 year olds. Why do you think so many young people don't vote?

ACTIVITY PART 1:

- Watch “Young People Were the Heroes of 2018” (2 mins)
- Watch “43 States Still Have Primaries. Here's Why Local Elections Matter More Than Ever.” (3 mins)

DISCUSS:

1. What are the most important issues facing you, your family, and your community (defined as broadly as you want)?
2. If you were old enough, would you vote in the upcoming Presidential elections? Why, or why not?

September's Prompt

ACTIVITY PART 2: FACTS ON VOTER PARTICIPATION

- 60% of U.S. citizens who were eligible voted in the 2000 elections.
- 36% of 18 – 24 year old eligible voters voted in the 2000 elections.
- 43% of Asian and Pacific Islander voting age citizens voted in the 2000 elections.
- 45% of Latino voting age citizens voted in the 2000 elections.
- 56% of voting age black citizens voted in the 2000 elections.
- More than 60% of voting age white citizens voted in the 2000 elections.
- Only 6 million of 21 million voting age Latinos voted in the 2000. Many of them are youth disaffected with the political process. There are almost 4 million 18-30 year old eligible Latino voters.
- “The unprecedented potential impact of the Indian vote in 2004 can be reckoned from the single fact that in some states, the Indian voters can ‘swing’ the vote for both the Presidency and the majority party in the Senate.”

September's Prompt

DISCUSS

- What might the impact on elections be if all ethnic and age groups voted at the same rates? What would the impact be on your issues of concern?
- What are the reasons more people do not vote?
- What could political candidates do to motivate more people to vote?
- What other forms of political activity do you see as important as voting to bring about change on your issues of concern (for example: demonstrating, boycotts, civil disobedience, petitions, strikes, media campaigns)?

September's Prompt

ACTIVITY PART 3: THE 2020 CENSUS

THINK: Unlike the upcoming presidential election, the 2020 Census is one of the few political events where everyone, regardless of age, race, legal status, or income, can participate. What do you know about the Census?

ACTIVITY PART 3:

- Watch: ["The Census made simple"](#) (2 mins)
- Watch: ["The Census is about Power and Money"](#) (2 mins)

DISCUSS:

1. How do you think the 2020 Census could impact you, your family and your community?
2. Who has the most to lose if there is an undercount in the 2020 Census?

September's Prompt

Resources on voting and the upcoming election

•Too Young to Vote, Old Enough to Act: A Brief History of Major Youth-Led Movements

- Too Young to Vote: Three Ways Youth Can Take Action: <https://www.ymca.net/backpack-buzz/ways-youth-can-take-action>
- Rock the Vote: How to Register, Empower and Turn Out Voters: <https://www.rockthevote.org/get-involved/>
- High School voter education: HighSchool.sos.ca.gov
- Power California – harnessing the energy of youth voters: powercalifornia.org

Resources on the 2020 Census

•Why it's important to participate in the 2020 Census and what is at stake

- 2020 Census Made Simple: This PSA explains what the 2020 Census is, how its data is used and secured, how it affects representation, and how to take it.

- 2020 Census Today: To help our communities when we come back together, respond to the 2020 Census today—and impact the next 10 years of health care, infrastructure, and education.

•2020 Census Challenge Video

•What Will you Do After High School?



September's Prompt

GET TO WORK!

- What does the 2020 election mean to you? Use your creativity to create art (in any form!) that encourages young people to vote, tells political candidates what they could do to earn more voter participation, or encourages young people to become active on a particular issue.

OR

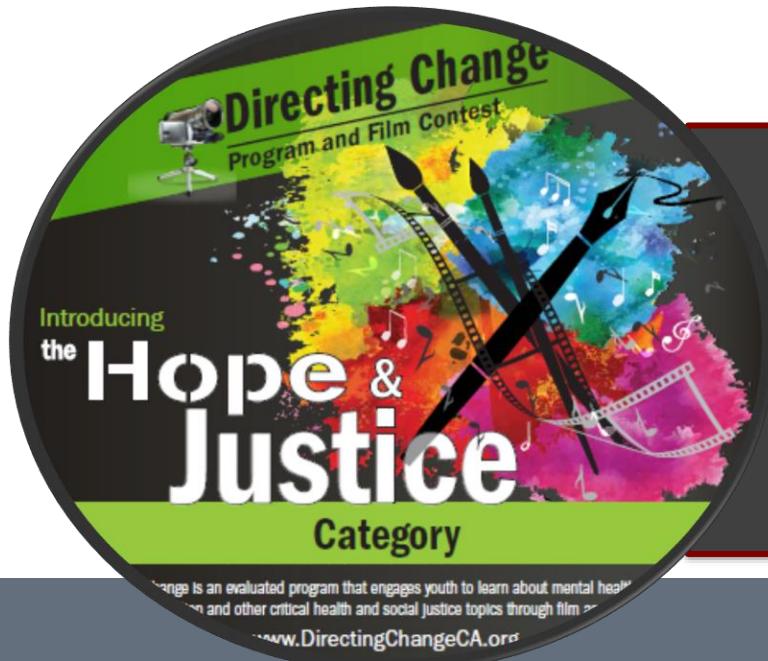
- How are you getting involved in the 2020 Census? Use your creativity to engage your community to take part in the 2020 Census.

Need support or want to learn more?

Visit: www.DirectingChangeCA.org

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Follow @DirectingChangeCA on Facebook



Contact Us:

Shanti Bond-Martinez, MPH
Senior Program Manager
Shanti@directingchange.org