

2019 Judging Form Walk in Our Shoes (for Middle School Students)

Dear Judge,

We encourage you to seek personal support if you become troubled by the content of this category. If you experience an emotional crisis, there are people available to help you at **1-800-273-TALK (8255)**.

The entry you are judging is a 60-second film in the Walk in Our Shoes Category. This category is only open to middle school students. When you are judging these films remember that they were created by young people around the ages of 12 to 15. Students were asked to make a film about one of these topics:

- **THE SUPERHERO IN EACH OF US: STRENGTHS, PURPOSE, AND WHAT HAPPENS WHEN WE LOSE THEM.** Every superhero has a strength, or something that they are especially great at. These strengths can often feel like a person's purpose, or reason for them to be alive... but what happens when someone loses this strength or purpose? Create a film that looks at the world through someone else's eyes and shows the challenges that someone might face if they feel like they have lost their strength or reason for their life. How can someone tell that a person may no longer want to live? What could an ordinary person do to help?
- **WHAT IS MENTAL HEALTH.** We talk a lot about physical health, but what about mental health? What does that look like: Are you happy all the time? Can you be mentally healthy if you've had a mental illness? Are there things you can do to improve your mental health like you do for your physical health, or is it something only a professional can do? Create a film that teaches people the truth about what mental health is, or teaches them how someone can build better mental health.
- **WORDS MATTER.** We've probably all casually thrown around words like "crazy" in everyday life when we were talking about something else. But how does that make you feel if you, or someone you care about, is dealing with a mental illness? Does that make you feel like you can talk about what you're going through or does it make you feel ashamed or different from others? The words you use can have a big impact. Even if you know they are untrue, labels that people throw around can still hurt and make you feel disconnected from everyone else. Your film should tell a story that encourages people to use kind and accurate words to talk about mental health.

At any point if you are experiencing technical difficulties with the website, or have questions regarding the category description, please email stan@suicideispreventable.org or call (619) 518-2412.

In advance, we appreciate your time.

**Safe Messaging Scoring Measures
(Total Points Possible 60)**

Does the film include a message about at least one action that someone can take to help someone else or themselves?

Think of it this way: After someone watches this film what are they asked to do? Will they film inspire them to feel, act or think differently? We would like the films to be action oriented and encourage change and support. For example, where to get help, how to offer support to someone, how to get involved or learn more information. We have asked our young film makers to be creative: To not just tell someone what to do, but show them how to do this.

Here are a few examples:

- Learn where to find support (like hotlines that are available 24/7)
- Change the words you use to talk about mental illness
- Support someone going through a difficult time
- Speak up when others aren't supportive
- Tell a trusted adult if someone is talking about suicide or is harming themselves
- Start conversations about mental health on campus or with friends to make it easier for others to talk about what they're feeling and get support
- Don't wait — get help from a professional if you're struggling with mental health challenge

If **Yes**, award up to **15 points**
(____points)

No (0 points)

Did the film focus on one of these three topics? Please mark which one.

1. **THE SUPERHERO IN EACH OF US:** Every superhero has a strength, or something that they are especially great at. These strengths can often feel like a person's purpose, or reason for them to be alive... but what happens when someone loses this strength or purpose? Create a film that looks at the world through someone else's eyes and shows the challenges that someone might face if they feel like they have lost their strength or reason for their life. How can someone tell that a person may no longer want to live? What could an ordinary person do to help?
2. **WHAT IS MENTAL HEALTH.** We talk a lot about physical health, but what about mental health? What does that look like: Are you happy all the time? Can you be mentally healthy if you've had a mental illness? Are there things you can do to improve your mental health like you do for your physical health, or is it something only a professional can do? Create a film that teaches people the truth about what mental health is, or teaches them how someone can build better mental health.
3. **WORDS MATTER.** We've probably all casually thrown around words like "crazy" in everyday life when we were talking about something else. But how does that make you feel if you, or someone you care about, is dealing with a mental illness? Does that make you feel like you can talk about what you're going through or does it make you feel ashamed or different from others? The words you use can have a big impact. Even if you know they are untrue, labels that people throw around can still hurt and make you feel disconnected from everyone else. Your film should tell a story that encourages people to use kind and accurate words to talk about mental health.

Yes (5 points)

No (0 points)

<p>Does the film have a positive and educational message about mental health, how words matter, looking at the world through another young person's eye, OR suicide prevention?</p> <p>For example, for suicide prevention the film might show the challenges that someone might face if they feel like they have lost their strength or reason for their life. How can someone tell that a person may no longer want to live? What could an ordinary person do to help?</p> <p>For example, for mental health the film might teach people the facts about mental health and what someone can do to build better mental health.</p> <p>For example, for words matter the film might talk about how the words we use can make someone else feel good or bad. For example if someone is experiencing a mental illness, how some words (labels) can make them feel ashamed or different from others. The film might suggest words and behaviors that we can use to make someone feel good about themselves and supported.</p>	<p><input type="checkbox"/> If Yes, award up to 25 points (____points)</p> <p><input type="checkbox"/> No (0 points)</p>
<p>Is the film respectful of different people and cultures?</p>	<p><input type="checkbox"/> Yes (5 points)</p> <p><input type="checkbox"/> No (0 points)</p>
<p>Does the film avoid statistics?</p>	<p><input type="checkbox"/> Yes (10 points)</p> <p><input type="checkbox"/> No (0 points)</p>
<p>Total Messaging Score (Points Possible 60 – see previous)</p>	

Technical and Creative Scoring Measures	Points Possible	Score
<p>The film <u>creatively</u> explores this topic in a way that is positive, hopeful, and educational. (This is less about content, but about the creativity used to communicate the content.)</p>	Up to 15	
<p>The film is technically well-produced (focus, exposure, clear audio, good use of graphics and/or special effects, good pacing and flow).</p>	Up to 10	

Technical and Creative Scoring Measures	Points Possible	Score
The film provides a clear and effective narrative (script and quality), it is easy to understand and it makes sense.	Up to 10	
The film creatively used colors, music or graphics to support its main message and set a positive and hopeful tone for the film.	Up to 5	
Total Technical and Creative Score (Points Possible 40)		
Total Messaging Score (Points Possible 60)		
Total Overall Score (Out of 100)		

Disqualifying Content:

Submissions that include this type of content, or deemed to contain inappropriate content, will be disqualified.

1. The film **SHOULD NOT** include portrayals of suicide deaths or attempts (such as a person jumping off a building or bridge, or holding a gun to their head). Portraying suicide attempts and means, even in dramatization, can increase chances of an attempt by someone who might be thinking about suicide and exposed to the film. Important distinction:

Be creative and cautious: If you are considering showing items someone might use for a suicide attempt in your film, we encourage you to think about the purpose and benefit of including this in your film. There are other ways to demonstrate that someone is thinking about suicide without showing a weapon. Can you convey the sentiment you are seeking without showing this? In general, it is best to avoid showing images of ways people might attempt suicide, especially weapons.

Important distinction: You can show a person thinking about suicide (e.g. looking at pills or standing at the side of a ledge), but you cannot show them actually taking a step off a ledge even if you don't show the person actually falling. In general, it is best to avoid showing images of ways people might attempt suicide, especially weapons. Also consider that showing images of items/ways people might harm themselves might also be disturbing to those who have lost someone to suicide. Remember, we are focused on prevention and the most important part is educating others about how to help. If you have any questions about this, please [contact us!](#)

2. The film should be sensitive to racial, ethnic, religious, sexual orientation and gender differences, with all individuals realistically and respectfully depicted.

Suicide Warning Signs for Youth

Warning signs are indications that someone may be in danger of suicide, either immediately or in the near future. Most people show one or more warning signs, so it is important to know the signs and take them seriously especially if a behavior is new or has increased and if it seems related to a painful event, loss, or change. (www.youthsuicidewarningsigns.org)

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

The following is a list of emergency warning signs that require immediate action!:

- Threatening self-harm or suicide
- Person is in act of self-harm or suicide
- Person has a weapon or other lethal means
- Seeking weapons or means to self-harm
- Talking about death or suicide while acting agitated or anxious, or while under the influence of drugs or alcohol

These warning signs may not signal an emergency situation, but are signs that a person may be in need of help:

- Withdrawing from friends and family
- Hopelessness
- Isolation, loneliness
- Low self-esteem
- Significant personality change
- Dramatic mood changes
- Unusual neglect of personal appearance
- Frequent complaints about physical symptoms, such as headaches, stomachaches, fatigue, etc.
- Loss of interest in pleasurable activities
- Increasing use of alcohol or other drugs
- Putting his or her affairs in order (for example, giving away favorite possessions, or throwing away important belongings)
- Becoming suddenly cheerful after a period of depression (this could be a sign that a person has made a suicide plan)