

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



# Directing Change

*Program and Film Contest*



California's Mental Health Movement



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

# 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

- TikTok, 15-second animation or 60-second films (mp4 or mov film files)
- Radio PSA, original music or spoken word (mp3 audio file)
- Visual Art: painting, comic, sketch (png or jpeg)
- Blog, poem or other narrative (doc or pdf)



**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...

WHAT MAKES YOU  
FEEL BETTER WHEN YOU  
ARE FEELING DOWN?

# October's Prompt Due October 31, 2020

The first month's prompt is:

## Creative Ways to Measure 6 Feet Physical Distancing

OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS:

WHAT THIS ELECTION  
MEANS TO ME

HOPE IS...

CREATIVE WAYS TO  
MEASURE 6 FEET  
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MY REASON FOR  
WEARING A FACE COVERING....

WHAT MAKES YOU  
FEEL BETTER WHEN YOU  
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HOPE IS...

CREATIVE WAYS TO MEASURE 6 FEET PHYSICAL DISTANCING

WHAT MAKES YOU FEEL BETTER WHEN YOU ARE FEELING DOWN?

# October's Prompt

## Creative Ways to Measure 6 Feet Physical Distancing

THINK: Social and physical distancing is currently recommended by our health care specialists. It is easy to say, “stay at least 6 feet away from others”, but what does 6 feet apart really look like? And how can we stay connected to our friends and family, even when we are physically apart?

### ACTIVITY 1:

- Watch [“Coronavirus: Why Social Distancing Saves Lives”](#) (6:18)
- Watch [“Can People Accurately Measure 6 feet for social distancing?”](#) (2:40)
- Watch [“Social Distancing- here’s how you can tell if you’re 6 feet apart”](#) (1:49)

### DISCUSS:

1. Do you think you do a good job of measuring 6 feet distancing? Why or Why not?
2. Why do you think it may be difficult for some people to measure 6 feet distancing?
3. What are some creative ways to measure 6 feet distancing?
4. How can friends and family stay connected while being apart?

# October's Prompt

## GET TO WORK!

What are some creative ways to measure 6 feet physical distancing? Use your creativity to create art (in any form!) that:

- Shares creative ways to measure 6 feet physical distancing, or
- Encourages others to practice physical distancing to help stop the spread of the Coronavirus
- Educates people on why 6 feet social distancing is recommended
- Shares a personal story of why practicing 6 feet physical distancing is important to you
- Shows how you can stay connected with friends and family while staying 6 feet apart



# October's Prompt

## Additional resources on measuring 6 feet social distancing and COVID-19

- [Social Distancing- Keep a safe distance to slow the spread](#): The Centers for Disease Control and Prevention (CDC) shares information about why limiting close face-to-face contact with others is the best way to reduce the spread of the coronavirus disease.
- [PBS: Why 6 Feet Apart?](#) : Learn the science behind why the 6-foot social distancing has been recommended American Psychological Association: Keeping your distance to stay safe: Practicing safe social distancing of 6-feet, as well as quarantining at home or being cut off from regular routines can leave us experiencing lots of different feelings. This article shares why these feelings are normal and gives tips for how to cope.
- Here are a few examples from CNN about [how to measure 6 feet social distancing in creative ways](#). These should get your creative ideas going so you can come up with your own.
- [Science News for Students](#): While 6 feet social distancing is important, there are others things that we must do to avoid spreading the virus
- Watch [“How Does Social Distancing Work?”](#) (1:15)

*All resources can be found on the Hope & Justice [Tips and Resources Page](#) on the Directing Change website.*

# Need support or want to learn more?

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

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