

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?

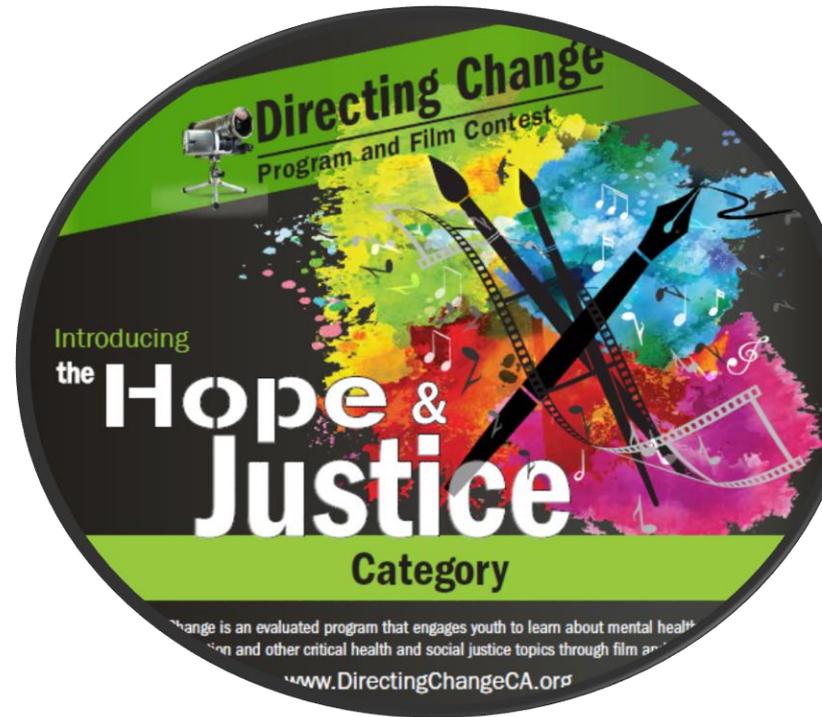
The Directing Change Program & Film Contest is a free and evaluated program that engages youth to learn about **mental health, suicide prevention** and other critical health and **social justice** topics through film and art.

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?

September's Prompt Due September 30, 2020

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...

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!

Lesson Plan – Activities and Discussion Questions

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 1:

- Watch ["Young People Were the Heroes of 2018"](#)
- Watch ["43 States Still Have Primaries. Here's Why Local Elections Matter More Than Ever."](#)
- Watch: ["The Census is about Power and Money"](#)

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?
3. How do you think the 2020 Census could impact you, your family and your community?

September's Prompt

ACTIVITY 2:

Review these facts on voter participation

- 49% of U.S. citizens who were eligible voted in the 2018 midterm elections.
- 36% of 18 – 29-year-old eligible voters voted in the 2018 midterm elections.
- 41% of Asian and Pacific Islander voting age citizens voted in the 2018 midterm elections.
- 40% of Latino voting age citizens voted in the 2018 midterm elections.
- 51% of voting age Black citizens voted in the 2018 midterm elections.
- 58% of voting age white citizens voted in the 2018 midterm elections.
- Only 3 million of 29 million eligible voting age Latinos voted in the 2018 midterm elections.
- Approximately every 30 seconds, a Latino in the US turns 18 and becomes eligible to vote. Young Latinos could swing the outcome of the election — if they come out to vote.
- Today, approximately 1.2 million eligible American Indian and Alaskan Native (AI/AN) people are not registered to vote. AI/AN voter turnout could have a real impact on both the Presidency and Congress in states like Alaska, New Mexico, Montana, Arizona, and North Dakota which have the largest number of Native Americans eligible to vote.

DISCUSS:

- Did any of these statistics surprise you? Why or why not?
- 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 ideas do you have to mobilize Native and other underrepresented voters in the 2020 elections

Additional Resources

Additional 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](https://www.highschool.sos.ca.gov)
- Power California – harnessing the energy of youth voters: [powercalifornia.org](https://www.powercalifornia.org)

Additional resources on the census

- 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. <https://youtu.be/oXZAe8XYeNQ>
- Tips to create messages that will raise awareness and inspire action around the 2020 Census: https://census.ca.gov/wp-content/uploads/sites/4/2020/04/Census_Education_How_to_Guide_Final.pdf

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

Take Action!

GET TO WORK!

- What does the 2020 election mean to you? Use your creativity to create art (in any form!) that:
 - Encourages young people (and others) to vote, or
 - Encourages them to participate in the 2020 Census, or
 - Shares what this election (or the right to vote) means to you and your community.

Need support or want to learn more?

Visit: www.DirectingChangeCA.org

Follow @DirectingChange on Instagram

Follow @DirectingChangeCA on Facebook



Contact Us:

Shanti Bond-Martinez, MPH
Senior Program Manager

Shanti@directingchange.org