

November Prompt
Lesson Plan

the **Hope &
Justice**
Category



Directing Change
Program and Film Contest

CRUSHINGTHECURVE



What is Directing Change

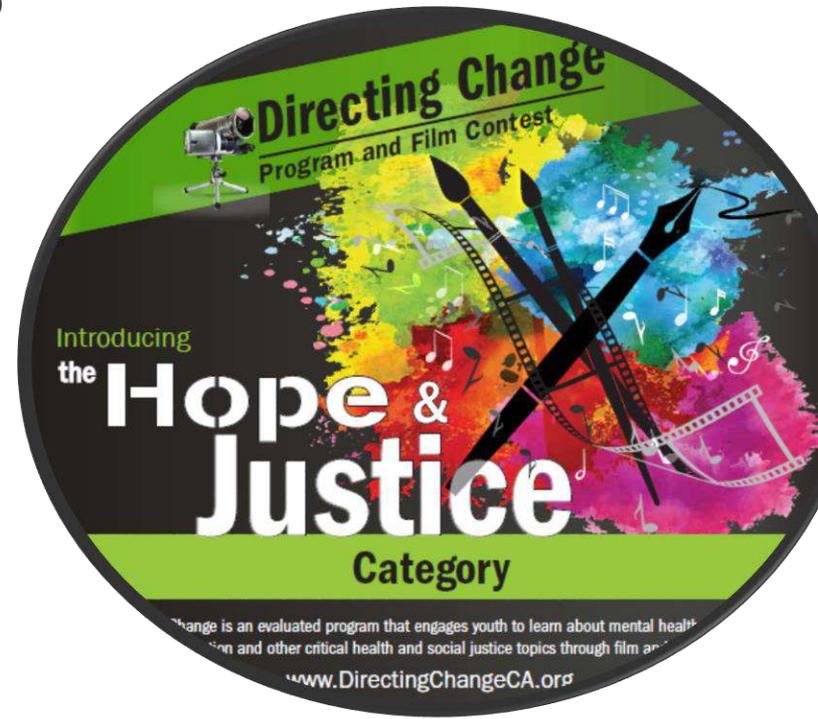
The Directing Change Program & Film Contest is a free and evaluated program that engages youth to learn about **mental health, suicide prevention** and other critical health and **social justice** topics through film and art.

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.

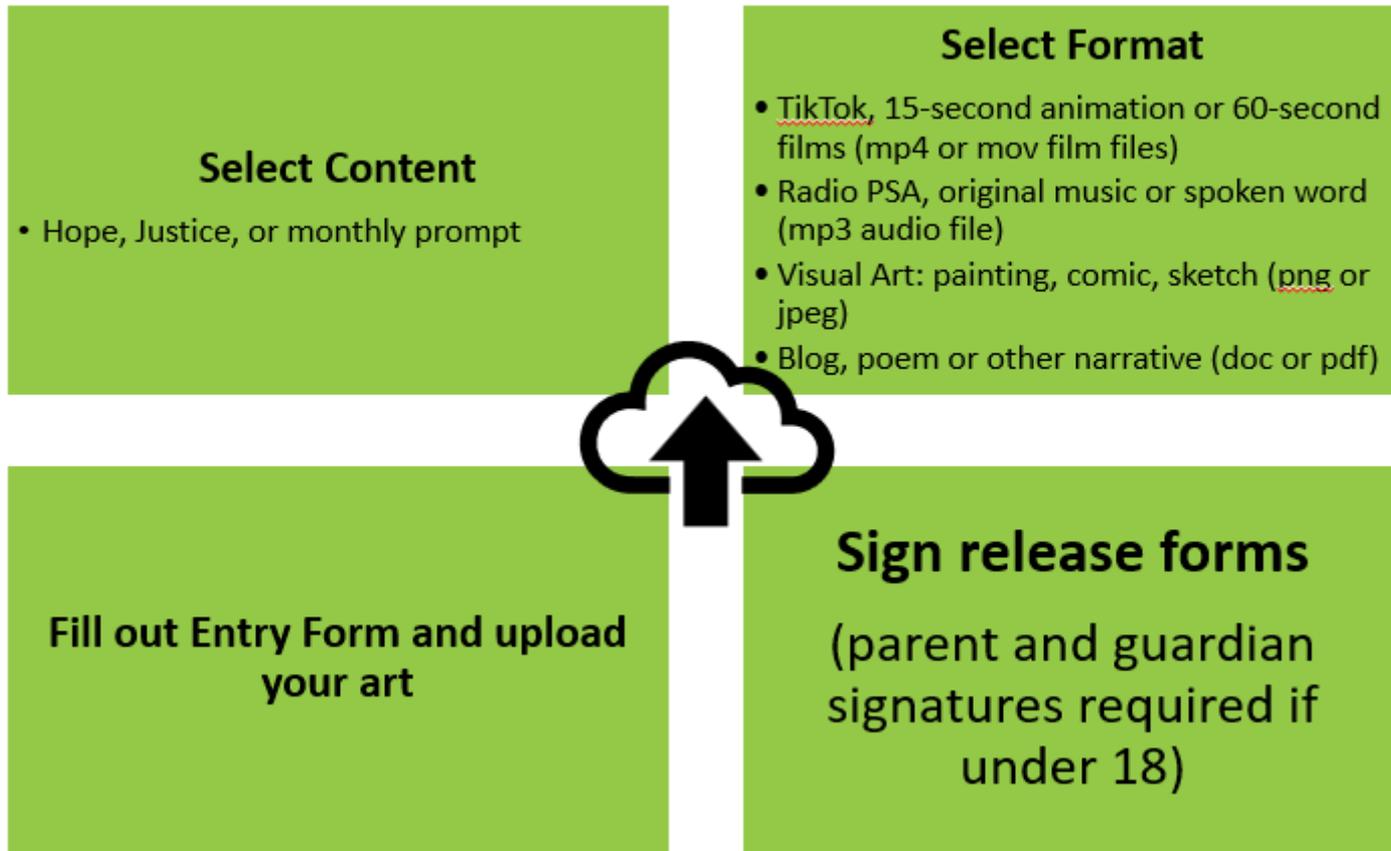
***NEW* Hope & Justice Category**

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



Submissions are due November 30, 2020

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...

CREATIVE WAYS TO
MEASURE 6 FEET
PHYSICAL DISTANCING

WHAT MAKES YOU
FEEL BETTER WHEN YOU
ARE FEELING DOWN?

November's prompt is:

My Reason for Wearing a Face Covering

In partnership with:

CRUSHINGTHECURVE

OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS:

MY REASON FOR WEARING A FACE COVERING....

WHAT THIS ELECTION MEANS TO ME

CREATIVE WAYS TO MEASURE 6 FEET PHYSICAL DISTANCING

WHAT MAKES YOU FEEL BETTER WHEN YOU ARE FEELING DOWN?

HOPE IS...

HOPE IS...



CRUSHINGTHECURVE

Crushing The Curve is a youth led campaign designed to educate young people in the San Francisco Bay Area and Sacramento region about mental and physical health during and following the COVID-19 pandemic. This campaign was developed as a collaboration between 8 California counties to provide resources regarding COVID-19 to meet the needs of young people.

CrushingtheCurve.me

My Reason for Wearing a Face Covering

CHIN UP:

**TO ENCOURAGE
OUR FRIENDS**



MASK UP:

**TO PROTECT
OUR FAMILIES**



CRUSHINGTHECURVE

THINK: The CDC (Centers for Disease Control and Prevention) has stated that “one of the most powerful weapons we have to slow and stop the spread of COVID-19 is wearing face coverings”.

What is your reason for wearing a face covering?

DO:

- Watch [“How Scientists Test Face Mask Effectiveness Against Coronavirus”](#) (2:03)
- Watch [“How to wear a fabric mask safely”](#) (2:09)
- Read: [“What is the Most Effective Face Covering?”](#)

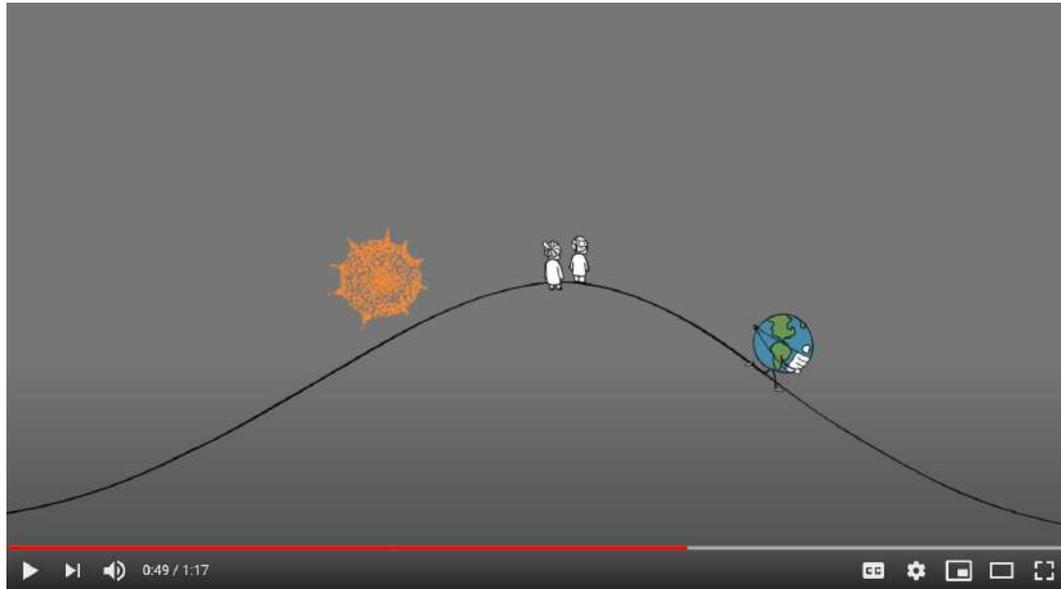
DISCUSS:

1. After watching this video(s) and/or reading the article, do you think most people do a good job of wearing a face covering? Did you learn something new?

CRUSHING THE CURVE

THINK: What does it mean to “Crush the Curve”?

DO: Watch [“The Great Race: A COVID-19 Story”](#) (1:17)



DISCUSS:

You’ve heard the phrase “flatten the curve,” or to lower the number of infections occurring at once, but some experts say that in order to limit the number of deaths caused by COVID-19, flattening the curve is not enough, and that people should strive to crush the curve, or wait until the infection rate is nearly zero before lifting restrictions. What are some ways we can help to crush the curve?

How can we crush COVID?



**STEP UP.
MASK UP.
CHIN UP.**



**STEP UP:
WE CAN DO
OUR PART**



**CHIN UP:
TO ENCOURAGE
OUR FRIENDS**



**MASK UP:
TO PROTECT
OUR FAMILIES**

**WE CAN:
STEP UP.
MASK UP.**

CRUSHINGTHECURVE

**GOT COVID
QUESTIONS?
WE'VE GOT
ANSWERS.**

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**WHAT'S THE MOST
EFFECTIVE FACE
COVERING?**

SEPTEMBER 24, 2020

We know face masks are a simple way to reduce coronavirus transmission and save lives...



**HOW TO SAFELY ATTEND
EVENTS & PARTIES DURING
COVID-19**

SEPTEMBER 24, 2020

During this period of COVID, it is tough to be young, active and social. Young...



DISTANCE LEARNING TIPS

SEPTEMBER 24, 2020

Distance learning is not easy. But with the struggles of distance learning, we can also...

**GOT COVID
QUESTIONS?
WE'VE GOT
ANSWERS.**

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CRUSHING THE CURVE

THINK:

- How can we show parts of our identity in the masks we wear?
- What are some reasons that some people may feel discouraged to wear a face covering?

DO:

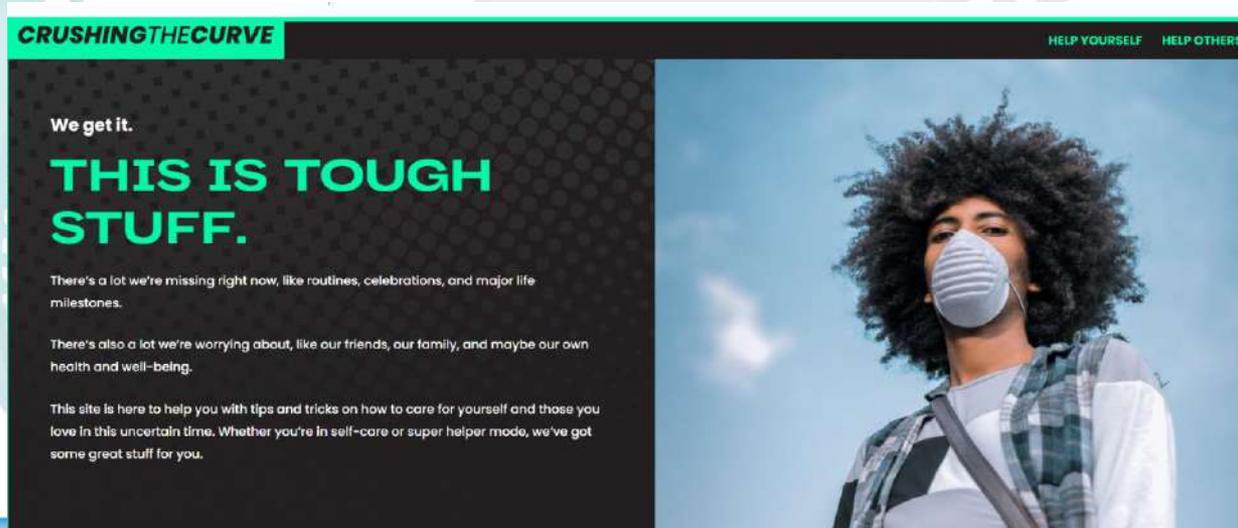
- Read these Washington Post articles: “[Masking While Black: A Coronavirus Story](#)” and “[Masks are Here to Stay](#)”.
- Review “Masks, Identity and Bias” [lesson plan](#) and activities from the Anti-Defamation League. This lesson plan provides an opportunity for students to explore the different ways people wear masks, and reflect on aspects of our identity that we can express through face masks. Students will be asked to consider how racial stereotypes and bias can impact some people’s experiences and fears in wearing masks.
- Follow the instructions to create a face mask that expresses an aspect of our identity.



CRUSHINGTHECURVE

GET TO WORK!

- What is your reason for wearing a face covering or mask? Use your creativity to create art (in any form!) that:
 - Shares your personal story about why you wear a face covering,
 - Encourages young people to wear a face covering, or
 - Educates people on facts about face coverings and how to use them correctly, or
 - Educates people about the importance of wearing a face covering to “crush the curve” and shares resources and tips from the Crushing the Curve website.



Additional resources on wearing a face covering and COVID-19

- [Crushing the Curve](#): Crushing the Curve is a San Francisco Bay Area campaign that helps young adults and their families stay health and connected during the COVID-19 pandemic.
- [What's the Most Effective Face Covering](#): From Crushing the Curve, an overview of types of face coverings and their effectiveness.
- [Masks, Identity and Bias](#): From the Anti-Defamation League, a lesson plan for grades 3 to 7 which goes over different purposes for wearing a mask and asks students to consider how masks and face coverings affect one's identity and asks students to explore how racial stereotypes and bias can impact some people's experiences and fears in wearing masks. 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.
- [CDC: Use of Masks to Help Slow the Spread of COVID-19](#): Information from the Centers for Disease Control and Prevention about how to select masks, how to wear them properly, making and washing masks and other considerations for masks.
- [Guidance for K-12 School Administrators on the Use of Masks in Schools](#): With the possibility of some schools reopening, this provides suggestions administrators should consider with regard to mask wearing.
- Watch: [Wear a Mask to Protect You and Your Friends- For Young Adults](#): A video from the CDC with mask wearing guidelines and tips aimed at youth and young adults.

CRUSHINGTHECURVE

Visit: www.DirectingChangeCA.org

Follow @DirectingChange on Instagram

Follow @DirectingChangeCA on Facebook



Visit: <https://crushingthecurve.me/>

Follow @crush_covid on Instagram

Contact Us:

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