



**Hope &
Justice**

Directing Change Monthly Prompt Calendar

There is a lot going on in the world these days. It's okay to feel tired, overwhelmed, angry, scared, confused. It's okay to just feel. Or if youth are up for it, this contest provides a platform to express themselves and use these feelings and their voice to encourage purposeful action and to start conversations that matter – through art. Entries are accepted monthly (September through May) and are due the last day of the month at midnight. All art forms accepted! Youth can submit to the Hope, Justice or the monthly prompt and win up to \$300 in Amazon gift cards.

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? What do you see or experience in your life or community right now that gives you hope?

JUSTICE:

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more. What changes do you want to see in your community? What can young people do to take a stand against injustice?

MONTHLY PROMPT:

See our
Monthly Prompt
calendar
for details!



SPECIAL TIKTOK CHALLENGES:

Special TIKTOK challenges are offered throughout the year. During those months, all entries submitted that respond to the identified TIKTOK content prompt, receive a \$20 Amazon gift card, and qualify to win the grand prize of \$100. (These prizes are in addition to the regular Hope and Justice contest for that month.)

ANNUAL FILM CONTEST

Do you know about our annual film contest? Learn more here:
DirectingChangeCA.org

www.HopeandJustice.DirectingChange.org



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



Directing Change
Program & Film Contest



CalHOPE

MONTHLY PROMPT CALENDAR SEPTEMBER 2022 THROUGH MAY 2023

Hope &
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September 2022

Find Your Anchor:

All of us benefit from an anchor, one that keeps us firmly planted, no matter what winds or storms may come. For September's prompt, the Directing Change Program was inspired by the Find Your Anchor non-profit. Think about what your anchor is when you are going through a tough time. How does it remind you to stay hopeful? Then express it through art, writing, music or film. You can have one anchor or many! An anchor could be a hobby or activity, a form of self-care like music, journaling or breathing, or any little thing that brings you joy, helps you cope and reminds you about your reason for living. Visit the website to request a Find Your Anchor box and to learn about our **Special Tik Tok Challenge** for this prompt!



FIND
YOUR
ANCHOR

October 2022

What is Your Word?

This month, share your vision - what does a world that supports youth mental health look like? If you could use one word to describe what young people need for better mental health, what would it be? Or if you could use one word to describe your mental strength that helps you get through tough times, what would that word be? Then express your word through art, film, poetry, or music. Watch this [60-second PSA](#) from the California Children and Youth Behavioral Health Initiative for examples of "What is your Word" from young people across California. Learn more about this initiative at [CalHOPE.org](#).



November 2022

Mental Health Heroes:

This month, take time to reflect on someone who has inspired you, supported you or used their influence for good. This could be friends or family members, teachers, coaches, celebrities, influencers, sports figures, and more. Whoever they are, they show us the possibilities within ourselves and can inspire us to overcome and do great things in our lives. For this month, think about the people you look up to, or who you trust to support you when you need it. Do you have a mental health hero? Create a piece of art that shows gratitude for them and how they've influenced your life or the lives of young people in general for the better.



December 2022/January 2023

What are your hopes for 2023? (Special Tik Tok Challenge)

Reflect on the past year and share your hopes for the New Year. What changes do you want to see in yourself, your community or even in the world?

Visit the website to learn about our **Special Tik Tok Challenge** for this prompt!



MONTHLY PROMPT CALENDAR SEPTEMBER 2022 THROUGH MAY 2023

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February 2023

More Than One:

How we identify ourselves (our race, culture, gender, sexual orientation, and more) matters. It can help us feel connected to others when we feel alone. If you feel like you are alone, it can feel difficult to stand up for yourself and others who need support or when we encounter injustice. We know that representation matters, not only in movies and on TV, but also in leadership positions and in many aspects of our lives. This month's prompt, you're invited to share how you are "More Than One." Create art in any form that shares how you're living beyond limiting labels, how you find strength when you feel alone, and your hope for increased representation in the future.



March 1, 2023

Remember to Submit to Annual Film Contest

The deadline for our annual film contest is March 1!

- Multiple submission categories for 30-second and 60-second films focused on mental health and suicide prevention topics.
- Win up to \$1000 in cash prizes and be recognized at a statewide red carpet award ceremony!

[Learn more here.](#)
[here](#)



April 2023

Celebrate Earth Day! (Special Tik Tok Challenge)

Spending time outdoors and with nature benefits our mental health and physical wellbeing. Earth Day, celebrated on April 23, 2023, serves as a reminder of how our actions can have positive or negative consequences on the world. This month, create art, films or write about the actions young people can take to improve and support the world we live in. Consider creating art with recycled materials! Visit the website to learn about our **Special Tik Tok Challenge** for this prompt!



May 2023

Take Action for Mental Health:

Everyone can take steps to care for their mental health or get support for someone else. You can check in with yourself or a friend, learn more about mental health, and get support when needed. Sometimes art, music, and poetry can find a way to connect with someone in a different way - it can open their heart to listen and be open for change. This month, share your vision - what does a world that supports youth mental health look like? Create a film, poem, or art piece (in any form) about how young people can [#takeaction4MH](#). The lime green ribbon is the symbol of mental health and can serve as a conversation starter about mental health - incorporate the lime green ribbon in a creative way!

