

Hope & Justice



Introducing September's Prompt: Find Your Anchor

All of us benefit from an anchor, one that keeps us firmly planted, no matter what winds or storms may come. 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 reasons for living.

OPEN TO YOUTH ages 12-25

PARTICIPANTS are eligible to submit one entry per month

SUBMISSIONS ARE DUE September 30, 2022

ALL ART FORMS ACCEPTED! Poem, original music, short films, visual art, TikToks, dance and more!

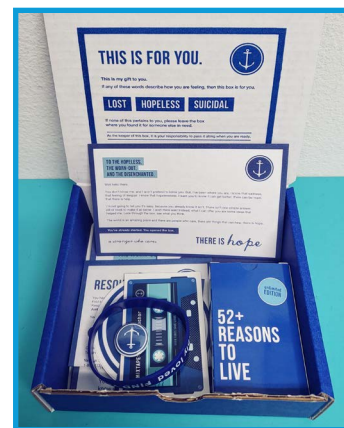
WIN PRIZES! Up to \$300 in Amazon gift cards.

Special TikTok Challenge:

Create a TikTok about what your anchors are (things that bring you joy or help you cope) and what you might add to your own Find Your Anchor box - either for yourself or to remind someone else about their reasons for living. All TikToks that follow the guidelines receive a \$20 gift card and enter to win \$100 grand prize.

Request a Find Your Anchor Box!

For September's prompt the Directing Change program was inspired by Find Your Anchor, a grassroots suicide prevention non-profit. Request a Find Your Anchor box for yourself or your classroom by sending an email with the subject "Directing Change" to findyouranchor@gmail.com



www.HopeandJustice.DirectingChange.org



Directing Change
Program & Film Contest

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