Express Yourself!

Create a film, song, narrative or piece of art and submit for an opportunity to win prizes and recognitions.

Annual Film Contest:

- Suicide Prevention
- Mental Health
- Walk in Our Shoes
- Through the Lens of Culture

Monthly Art & Film Contests:

Hope

What helps you get through tough times? What do you see or experience in your life or community right now that gives you hope for the future?

Justice

What changes do you want to see in your community? What can young people do to take a stand against injustice?

Check the website for contest rules, special topic prompts, prizes and deadlines.

www.DirectingChangeCA.org