



YOUTH CREATING CHANGE



Directing Change
Program & Film Contest



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2026 Films

The Suppressed

Johansen High School/Viking Production

Network, Stanislaus County

Language: English with English captions

This film addresses stereotypes and expectations that can have a negative impact on young men's mental health.

[\(view/download\)](#)



Different

Los Alamitos High School, Orange County

Language: English and Spanish with English captions

"Different" focuses on the challenges some LGBTQ+ young men face, especially in Latino culture, reminding viewers of the negative impact of rigid expectations around gender, sexuality, and expression. [\(view/download\)](#)

I'm Fine

El Dorado High School, Orange County
Language: English with English captions
In this film, a young man's hides his mental health challenges from others before opening up to a supportive friend. ([view/download](#))



Casting Out

El Dorado High School, Los Angeles County
Language: English
Using fishing as a metaphor, “Casting Out” encourages boys and young men to reach out to others for better mental health. ([view/download](#))

Men's Mental Health Matters

Sanger West High School, Fresno County
Language: English with English captions
This film addresses the often-ignored issue of anorexia and other isolating mental health challenges among young men while sharing the importance message that there is help and hope for everyone. ([view/download](#))



Breaking the Silence

Sanger West High School, Fresno County
Language: English with English captions
“Breaking the Silence” sheds light on a young man's mental health challenges and the importance of reaching out. ([view/download](#))

Los Hombres No Lloran

Jurupa Hills High school,
San Bernardino County

Language: English and Spanish with English captions

This film highlights the difficulties faced by many young men in the Hispanic community, reminding them that it's OK to struggle and that emotions are not a weakness.

([view/download](#))



Querido Hermano

Los Alamitos High School, Orange County

Language: Spanish with English captions

This film centers on the dangers of machismo, reminding young men that they don't have to fit gender stereotypes and can ask for help with mental their health. ([view/download](#))

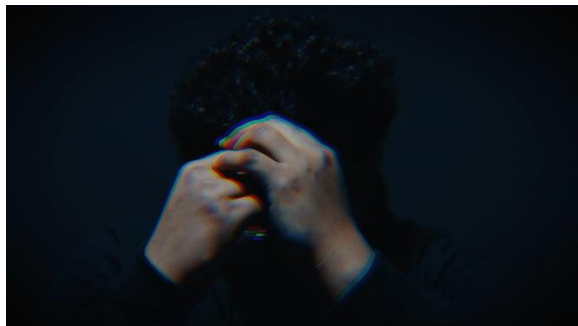
Clear Your Mind

Francisco Bravo Medical Magnet,
Los Angeles County

Language: English with English captions

This film encourages boys and young men to connect with each other and utilize available mental health resources if they are struggling.

([view/download](#))



Expectations

Johansen High School/Viking Production
Network, Stanislaus County

Language: English with English captions

Acknowledging many of the harmful expectations that boys and young men often face, "Expectations" highlights the importance of opening up, asking for help, and supporting others. ([view/download](#))

Too Much Weight

Fairfield High School, Solano County

Language: English

This film addresses the way compounding pressures at school, at home, and at work can take an invisible toll on someone, reminding everyone that admitting you need help is the first step to better mental health.

([view/download](#))



Breaking the Silence

Village Academy High School, Tri-City (Los Angeles County)

English with English captions

In this film, a young man struggling with depression reminds viewers that speaking up is important and that there are support resources available.

([view/download](#))

More Than a Label

Sanger West High School, Fresno County

Language: English with English captions

“More Than a Label” helps viewers understand how self-labelling can damage someone’s confidence and mental health – especially when those labels are rooted in stereotypes or the expectations of others – all the while encouraging young men not to resist societal pressures to suffer in silence.

([view/download](#))



Silence.

Johansen High School/Viking Production Network, Stanislaus County

Language: English with English captions

This film explores the silence around men’s mental health in many Hispanic communities, encouraging youth to break the stigma and find support. ([view/download](#))

Suicide Prevention

Fairfield High School, Solano County

Language: English

“Suicide Prevention” shows the impact that bullying can have on a young person’s mental health, encouraging those navigating such challenges to share their feelings with others to help them cope. ([view/download](#))



Beneath the Hardwood

Johansen High School/Viking Production

Network, Stanislaus County

Language: English with English captions

This film reminds boys and young men that they are never alone and that they always have someone who can help support them – even if they don’t realize it. ([view/download](#))

La Sombra Que Deje

Fairfield High School, Solano County

Language: Spanish with English captions

Centered around the particular struggles that come with growing up in an under-resourced Latino neighborhood, “La Sombra Que Deje” encourages young men to be honest about their emotions and mental health struggles – and to remind others around them to do the same. ([view/download](#))

