



APRIL 2024: Decoded

This month, we're teaming up with our partners at Decoded to invite you to show us how you cope when life gets tough. Use whatever creative lens moves you: craft a poem, create a visual art piece, or produce a short-format video or social media graphic. Show us your hacks for dealing with setbacks or keeping hope alive when things look dark. Understanding yourself – discovering what works for you and what motivates you – can help you make more intentional choices on a path to a healthier, happier life.



All art forms accepted!
Films, original music, poetry, podcasts, TikToks and more!



ALL ART FORMS ACCEPTED

OPEN TO YOUTH AGES 12-25

WIN PRIZES

SUBMISSION DEADLINE: April 30th, 2024

Here are some ideas:

- Hope is powerful medicine for your mind, body, and the world. Create an art piece about what gives you hope.
- Where do you find support when things get tough? Create a poem, a short film, or painting that shares where you go for help, or helps others to find help when they need someone to talk to.
- Life can be... a lot. Use your favorite mode of creative expression to show us how you stay grounded and present in your life – instead of numbing out – when things get overwhelming.

This prompt is sponsored by Decoded. Decoded is an educational campaign funded by counties and cities throughout California that aims to support young people in their overall well-being both physically and mentally. The more you know about your body and mind, the more you can understand how to stay healthy from the inside out!

