

www.DirectingChangeCA.org



Directing Change

Program and Film Contest





What is Directing Change?

The Directing Change Program & Film Contest is a free and evaluated program that engages youth to learn about **mental health, suicide prevention** and other critical health and **social justice** topics through film and art.

Youth are exposed to knowledge about the topics of **mental health, suicide prevention, and social justice** through educational resources, instructional tools to educators, and additional resources to further learning about the basic components of these topics. From here, youth must apply their knowledge to create their own unique message about suicide prevention, mental health and social justice for their peers. The creative process of filmmaking and creating art requires youth to synthesize their knowledge resulting in a deeper level of understanding.

***NEW* *Hope & Justice* Category**

With everything going on right now, many youth are looking for ways to share what they are experiencing, how they are coping, and explore what drives them to stay hopeful for the future. **The *Hope & Justice* category is an opportunity for youth living through history to express their feelings and to inspire others through art.**

- Submissions are due at midnight of the last day of the month
- Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, film, a speech, ANYTHING
- First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards





Submission Steps

Select Content

- Hope, Justice, or monthly prompt

Select Format

- TikTok, 15-second animation or 60-second films (mp4 or mov film files)
- Radio PSA, original music or spoken word (mp3 audio file)
- Visual Art: painting, comic, sketch (png or jpeg)
- Blog, poem or other narrative (doc or pdf)



**Fill out Entry Form and upload
your art**

Sign release forms

(parent and guardian
signatures required if
under 18)

3 Topic Options for Hope and Justice Category

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? Are you practicing self-care through reading, dancing, listening to music, writing, watching your favorite films? And what if that isn't enough?
- What do you see or experience in your life or community right now that gives you hope during this challenging time?

JUSTICE

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more.

- Create a project that shares a perspective or your personal experience with discrimination or injustice because of who you are, in a way that gives others a glimpse of what it is like to walk in your shoes and live in your skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS:

WHAT THIS ELECTION
MEANS TO ME

HOPE IS...

CREATIVE WAYS TO
MEASURE 6 FEET
PHYSICAL DISTANCING

MY REASON FOR
WEARING A FACE COVERING....

WHAT MAKES YOU
FEEL BETTER WHEN YOU
ARE FEELING DOWN?

Visit DirectingChangeCA.org for the calendar of monthly prompts!



Monthly Prompt

The Art of Self Love

In partnership with:



The Trauma Research and Education Foundation (TREF)

The Trauma Research and Education Foundation (TREF) is dedicated to reducing the number of trauma related deaths and injuries in San Diego County through awareness, education, prevention programs, and associated research programs.



SAN DIEGO
TREF
TRAUMA RESEARCH &
EDUCATION FOUNDATION

Learn more at <https://www.tref.org/>

Mini Lesson Plan #1 – What is Self-Esteem?

THINK: What is self-esteem? How does it affect our lives and what are some ways to protect, raise and reinforce our self esteem?

The infographic is titled "Self-Esteem & Your Health" in a large, orange, serif font. Below the title is a decorative orange circle. The content is divided into two main sections: "Benefits of High Self-Esteem" on the left and "Risk of Low Self-Esteem" on the right. The left section has a green background and lists five points with square checkboxes. The right section has a light green background and lists seven points with right-pointing chevrons. A small "Download" button with a downward arrow icon is located in the top right corner of the infographic.

Self-Esteem & Your Health

Download

Benefits of High Self-Esteem

- ❑ People with high self-esteem accept themselves for who they are.
- ❑ They have a realistic views of their strengths and weaknesses.
- ❑ They maintain positive attitudes even when they fail a task.
- ❑ People with high self-esteem maintain close relationships with others who respect and value them.
- ❑ If you feel good about yourself you take care of yourself: eat better, exercise, set goals, bounce back from disappointment & avoid risky behaviors.

Risk of Low Self-Esteem

- People with low self-esteem do not respect themselves.
- They judge themselves harshly.
- Worry about what others think.
- They put on an “act” in public to impress others and hide insecurities.
- Fear of failure.
- Afraid to try new things.
- Negative thoughts: I am not good enough, not smart enough,....
- Low self-esteem leads to drug use, dropping out of school, early pregnancy, eating disorders.

What is Self-Esteem?

THINK: What is self-esteem? How does it affect our lives and what are some ways to protect, raise and reinforce our self esteem?

ACTIVITY 1: Watch

- Self Esteem - <https://youtu.be/QDRTlrBDUYw> (2 mins)

DISCUSS:

1. What does self-esteem mean to you?
2. What are some things that negatively impact our self-esteem?
3. What can someone do to build their self-esteem?
4. Imagine you have a friend with low self esteem...How might you help them boost it?

Self-Esteem & Your Health

Benefits of High Self-Esteem	Risk of Low Self-Esteem
<ul style="list-style-type: none">❑ People with high self-esteem accept themselves for who they are.❑ They have a realistic views of their strengths and weaknesses.❑ They maintain positive attitudes even when they fail a task.❑ People with high self-esteem maintain close relationships with others who respect and value them.❑ If you feel good about yourself you take care of yourself: eat better, exercise, set goals, bounce back from disappointment & avoid risky behaviors.	<ul style="list-style-type: none">➢ People with low self-esteem do not respect themselves.➢ They judge themselves harshly.➢ Worry about what others think.➢ They put on an “act” in public to impress others and hide insecurities.➢ Fear of failure.➢ Afraid to try new things.➢ Negative thoughts: I am not good enough, not smart enough,....➢ Low self-esteem leads to drug use, dropping out of school, early pregnancy, eating disorders.

Self-Esteem

Optional Activity: Self-Esteem Sentences Stems

- Complete each of the sentences below as honestly as possible. The goal of this activity is for you to reflect any personal issues that may be impacting your self-esteem. The activity is most effective if you can spend 5-10 minutes on it several times a week over an extended period of time. Once you have been doing the exercise for one week, it can be valuable to look over what you've recorded. This can help you notice positive changes in your responses and in your overall self-esteem.

FILL IN THE END OF THESE SENTENCES:

1. I was really happy when...
2. Something that my friends like about me is...
3. This week I would enjoy doing....
4. I often look forward to....
5. I feel something that the future holds for me is...
6. I get my strength from....
7. I'm proud of....
8. My family is happy when I....
9. It made me feel great when...
10. I love when...
11. Something that makes me unique is...
12. In school, I'm good at....
13. This week is going to be...
14. I flourish when...



Ask: Did you struggle with completing any of these sentences? Are most of your sentences positive, or negative? Why do you think that is? Are there any other positive traits or accomplishments you could add to this list to improve your self esteem?..

Self-Esteem & Social Media

THINK: Social media is part of many of our lives, for some more so than others. In what ways do you think social media can impact self-esteem?

ACTIVITY 2: Agree or Disagree

- AGREE or DISAGREE - Boys and girls are equally affected when it comes to body image.
- AGREE or DISAGREE - Students at our school care about their image. If so, what do they care about? Is there a difference for boys and girls?
- AGREE or DISAGREE - When posting pictures on social media I try to make myself “look good”.
- AGREE or DISAGREE - Selfies and other flattering photos of myself boost my self confidence.
- AGREE or DISAGREE - Getting “likes” or positive comments on social media boosts my self-confidence.

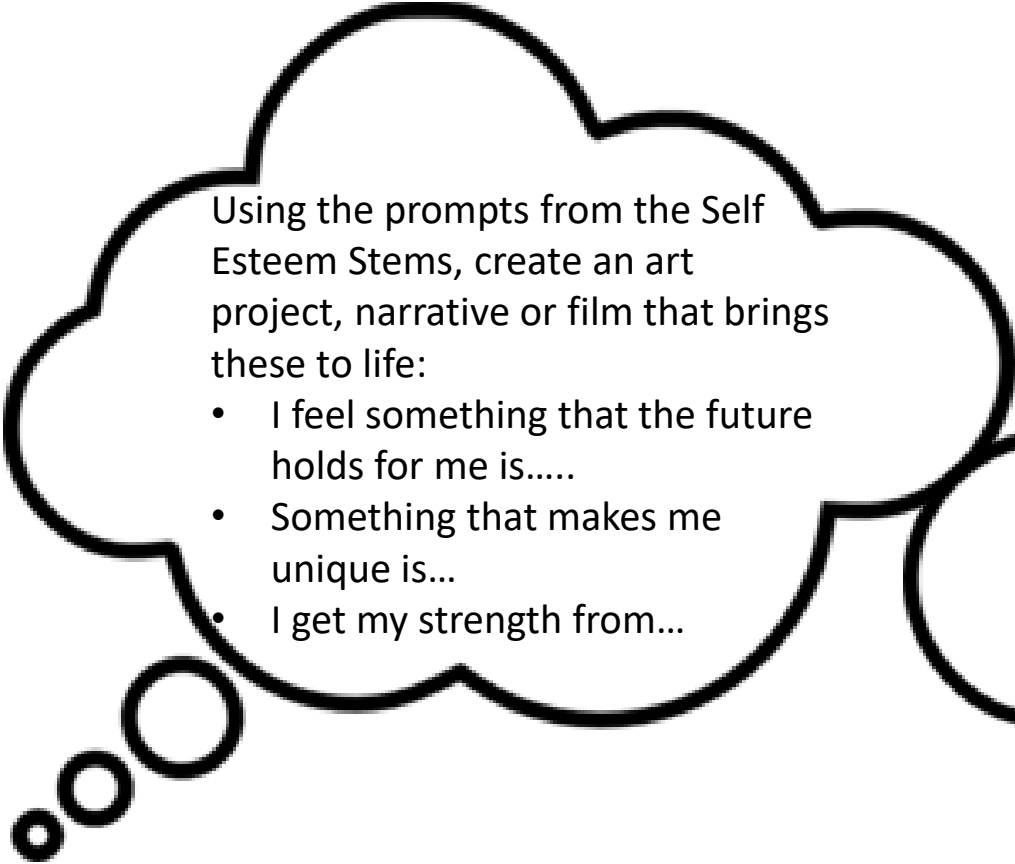
Watch: Social Media and Self-Esteem <https://youtu.be/nxolrIIWEMQ> (5 mins)

DISCUSS:

1. What factors or influences impact you when it comes to body image and self concept?
2. The video suggested three tips for dealing with social media’s affect on your self-esteem. How helpful or realistic do you think there are? Do you have other ideas?
3. Which one of the three tips from the video (or any others you or your classmates have come up with), is most important? Choose the one you think would be most helpful for you and share how you could give it a try.

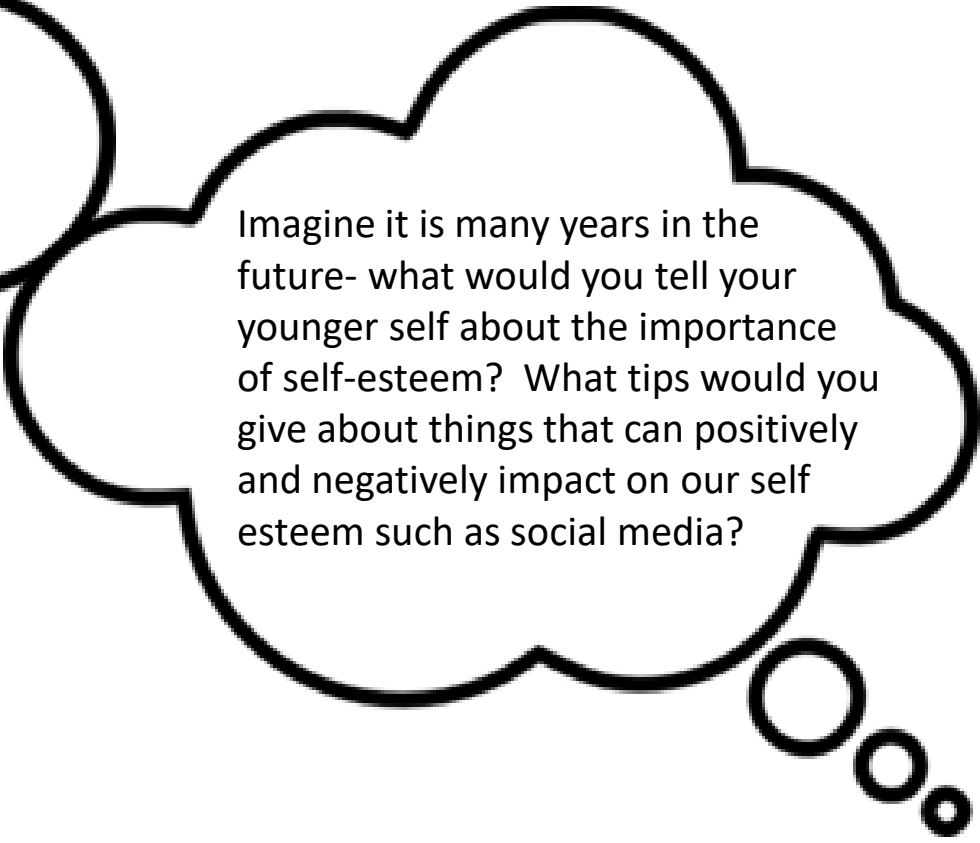
Self-Esteem

Create Your Directing Change Project: Share some ways you can improve your self-esteem?



Using the prompts from the Self Esteem Stems, create an art project, narrative or film that brings these to life:

- I feel something that the future holds for me is.....
- Something that makes me unique is...
- I get my strength from...



Imagine it is many years in the future- what would you tell your younger self about the importance of self-esteem? What tips would you give about things that can positively and negatively impact on our self esteem such as social media?

Additional Resources

Teaching mindfulness

- Exercise of how to practice being kinder to yourself...an example of how to do it:
https://www.youtube.com/watch?v=AyQdeYjXUhE&ab_channel=GreaterGoodScienceCenter

Positive self talk for self esteem:

- Your brain is wired for negative thoughts. Here's how to change it.
https://www.youtube.com/watch?v=3ThUrVXz9j0&ab_channel=Fig.1byUniversityofCalifornia (4 minutes)
- Learning to be a friend to yourself (good examples of positive self talk)
https://www.youtube.com/watch?v=ERhTJaPaoxU&ab_channel=TheSchoolofLife (1:57)

Social Media and Self-Esteem

- A documentary film that helps you to have a better understanding of how to navigate growing up in the digital age: <https://www.childhood2movie.com/>
- A documentary film about finding balance in our digital world: <https://www.thelikemovie.com/>

Self Compassion (slightly different from self-esteem): “Practicing Self-Compassion”

- What is Self-Compassion: Compassion Turned Inward:
https://www.youtube.com/watch?v=UiuBOm0NX6c&ab_channel=SafetyNet
- Try This: What do I Need Right Now? - <https://www.youtube.com/watch?v=UiuBOm0NX6c&t=1090s> (3 minutes)
- Try This: Compassionate Friend - <https://www.youtube.com/watch?v=UiuBOm0NX6c&t=1803s> (6 minutes)

Additional Resources

Substance Use and the Teen Brain

- National Institute on Drug Abuse - [NIDA – Drugs and the Teen Brain Lesson Plan](#)
- Addiction interactive game- [Mouse Part – Interactive Web Game](#)

Substance Use and The Words We Use

- Words Matter: The Language of Addiction - <https://drugfree.org/article/shouldnt-use-word-addict/>
- Words Matter- Terms to Use and Avoid When Talking About Addiction - <https://www.drugabuse.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>
- Stigma Reducing Language (from Shatter Proof) - <https://www.drugabuse.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>



All resources can be found on the Hope & Justice Tips and Resources Page on the Directing Change website.



Take Action!

GET TO WORK!

February is a time when we usually think about love and relationships. But what about our relationship with ourselves? This month, we are excited to partner with Trauma Research and Education Foundation (TREF) and encourage you to explore how you cope with life's challenges or low self-esteem, and how you avoid substance use, with February's prompt titled: "The Art of Self Love". This month, in the spirit of love, explore how you show yourself love, build up your own self-esteem, share healthy coping strategies, or how you avoid substance use, especially during these tough times.

Tell us about how you practice "The Art of Self Love". Use your creativity to create art (in any form!) that:

- Explores what self-esteem and self-love means to you and some ways to protect, raise and reinforce our self esteem,
- Encourages and educates others about healthy ways to cope and care for oneself especially during tough times,
- Explores ways you can help yourself, a friend, classmate, or family member who is struggling with the use of substances and share healthy ways to cope,
- Educates others about substance use, the teen brain, and explore what healthy alternatives to drug and alcohol use looks like.

Need support or want to learn more?

Visit: www.DirectingChangeCA.org

or Visit: <https://www.tref.org/>

Follow @DirectingChange on Instagram

Follow @DirectingChangeCA on Facebook



Contact Us:

Shanti Bond-Martinez, MPH
Senior Program Manager

Shanti@directingchange.org