



# Directing Change

## Program and Film Contest

# Hope & Justice

Directing Change is an evaluated program that engages youth to learn about mental health, suicide prevention and other critical health and social justice topics through film and art.

[DirectingChangeCA.org](http://DirectingChangeCA.org)

### Enter Film Contest

*The program can be implemented in a traditional or virtual classroom.*

- Open to students in middle and high school, and young adults through age 25
- Free to participate
- Mini grants available to schools, clubs and organizations (up to \$2,500)
- Cash prizes for youth (up to \$1,000)

### 6 SUBMISSION CATEGORIES



- SUICIDE PREVENTION
- MENTAL HEALTH
- ANIMATED SHORT
- WALK IN OUR SHOES
- HOPE AND JUSTICE
- THROUGH THE LENS OF CULTURE

*Films in English, Spanish, Sign Language and other languages welcome!*

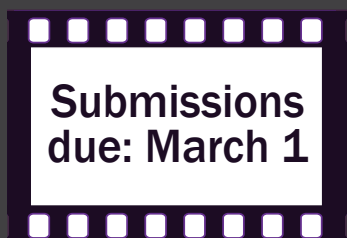


*The Hope & Justice Contest*



Accepts submissions on a monthly basis in various art forms including film, music, art and more. Visit the website for contest rules, prizes and monthly prompts!

### OUTCOMES



Recognize warning signs for suicide and know how to get help for a friend or themselves.

Know the facts about mental health, coping with adversity, and where to find help.

Have the confidence to stand up for others experiencing stigma or discrimination as a result of a mental health challenge.

Apply critical thinking to issues around equity and justice.

Free lesson plans and educational materials available!

# TO GET STARTED

## Step 1: Review the contest rules and FAQ!

### Step 2:

Visit the "For Schools" page for lesson plans and educational resources. Before proceeding with this contest in your school, or at your organization, be sure to review the protocol and procedures in place at your school or organization for addressing the needs of youth in an emotional crisis. Chapter 2 in **Suicide Prevention: A Toolkit for Schools** (provided on the website)

### Step 3:

Review educational resources, lesson plans, sample films, and judging criteria to assist participants with creating their film projects. The Directing Change team is available to facilitate free virtual sessions and support around mental health and suicide prevention, and support with the program overall.

### Step 4:

Submit entry forms and upload films by March 1. Every entry needs to include signed release forms from every participant (cast and crew). Anyone under the age of 18 also needs to have the form signed by their parent or a legal guardian. \*This way we can share your films broadly, even on TV and in movie theatres to help suicide prevention efforts across California! Check the website for monthly Hope and Justice deadlines!

If at any time you are experiencing an emotional crisis, are thinking about suicide or are concerned about someone, call or text **988** or chat **988lifeline.org** for the **Suicide & Crisis Lifeline** (24/7). This is a free 24-hour hotline.

## GET INVOLVED

The program is based on an evaluated curriculum and is free to schools and districts. It can be implemented in the classroom, by a club on campus, or as an after school activity.

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)



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