



DECEMBER 2023 & JANUARY 2024 PROMPT: What I Wish My Parents (and Other Adults) Knew

Create a film, podcast, or art piece about **what you wish your parents (or other adults) knew** about the warning signs of suicide, what life is like as a young person today, or the importance of supporting youth mental health.



Selected entries may be featured as part of California's Youth Suicide Prevention media campaign funded by the California Department of Public Health!



Visit the website for suicide prevention resources for parents and caregivers.



TikTok Challenge: Every TikTok submitted in response to prompt receives a \$20 gift card and a chance to win a \$100 grand prize.

ALL ART FORMS ACCEPTED

OPEN TO YOUTH ages 12-25

WIN PRIZES

SUBMISSION DEADLINE: January 31, 2024

This prompt is part of the California Department of Public Health funded statewide youth suicide prevention media campaign. The campaign is being co-created with young people across California and is expected to launch in Spring of 2024.

Here are some ideas:

- Sometimes it can be hard to explain how you feel or express what you need when you're going through tough times. If you could write a letter (or send a video message) to a parent/caregiver or another adult about what your life is like as a young person today what would you say? What do you wish they knew about you, your mental health, and the kind of support you need?
- Not every conversation with adults about struggles, mental health or what's going on in your life is easy or goes exactly how we want it to go. Imagine what the perfect conversation with your parents or another adult would look or sound like. What do you wish you could tell them and how would you want them to respond? Create art, a podcast, short video, radio script, or written piece about what that conversation might look like.
- Have you ever felt like the adults in your life don't see you, understand you, support your dreams, or give you the support you need when you're really going through it? Creatively express what you want adults in your life to know and what you wish they did differently.
- What are some generational or cultural differences between yourself and your parents/grandparents/caregivers that you've noticed? How can young people and older generations can come together and have better conversations about mental health and suicide prevention?

HopeandJustice.DirectingChange.org



Directing Change
Program & Film Contest

