






MAY 2024: Snap, Filter & Swipe

May is Mental Health Matters Month and a great time to take action for mental health. This month we are paying special attention to the impact of social media on our mental health, the good, the bad, and everything inbetween. Imagine if social media was more focused on how we feel than how we look. What changes would need to be made? What sort of posts, filters and trends would you like to see?

-  **All submissions should incorporate the lime green ribbon as a symbol for mental health awareness.**
-  **Photo and Digital Art Challenge: Incorporate the lime green ribbon in unexpected ways and places (the sand, chalk on a sidewalk, food, and more.)**
-  **TikTok Challenge: Every TikTok about the lime green ribbon as a symbol for mental health receives a \$20 gift card and a chance to win a \$100 grand prize.**

OPEN TO YOUTH
young people up to age 25.

SUBMISSIONS ARE DUE May 31, 2024.

ALL ART FORMS ACCEPTED!
Poetry, original music, short films, visual art, TikToks, dance and more!

WIN PRIZES! Up to \$300
in Amazon gift cards.

Here are some ideas:

- If you could **invent a filter** that would more realistically express your true feelings and mental health, what would it be?
- How would you **change existing social media filters and trends** so that they could allow us to share about our mental health more honestly and authentically?
- Imagine if social media were more focused on **how we feel than how we look**. What changes would need to be made? What sort of posts, filters, and trends would you like to see?
- We often show our happiest moments on social media, so what would we post if we were **being totally honest** about where our mental health was at?
- **Share the changes** you hope to see in yourself, in your family, or in your community when it comes to mental health and acceptance of young people who are experiencing a mental health challenge. Incorporate the lime green ribbon!

