



NOVEMBER'S PROMPT: Music and Mental Health

Music is all around us, but it's so much more powerful than we might realize - it can improve our mental health by making us feel connected to others, help us relieve stress, and inspire creativity. This month, create a short music video, write lyrics for a song, choreograph a dance, or create a visual art piece inspired by the uplifting power of music and the importance of mental health.



Original music submitted to this month's contest will be considered for a performance at a red-carpet award ceremony planned for May 2024!



Get free resources and create your own music using [Soundtrap](#).

ALL ART FORMS ACCEPTED

OPEN TO YOUTH ages 12-25

WIN PRIZES

**SUBMISSION DEADLINE:
November 30, 2023**

Here are some ideas:

- Music speaks volumes. Songs, films and art can help us open up conversations about what we are feeling. Share how music (or art) has helped you connect with others, make sense of the world or cope with tough times. Visit the [Sound It Out](#) campaign by the Ad Council and Amazon to find songs that talk about specific feelings.
- Listening to music has been shown to boost our mood and provide comfort when we feel stressed or anxious. Think about a time in your life when a song or lyrics brought you comfort when you needed it most. Create a film, art piece, or sing about it!
- Music, like other art, can also help access new perspectives, see and feel differently, and pave the way for positive change. Music has played a role in many social justice movements, such as the "freedom songs" of the civil rights movement, anti-apartheid music in South Africa, and anti-Vietnam War music. This month create lyrics about the change you would like to see in your community or the world!



CDOL
Center for Distance
and Online Learning

This prompt is provided in partnership with the Los Angeles County Office of

Education's Center for Distance and Online Learning (CDOL). Thanks to a long-standing collaborative partnership with Directing Change, LA County students can receive targeted support to participate in the program which amplifies student voice and builds student leadership around topics related to social justice and health topics, mental wellbeing, and suicide prevention.

[Soundtrap](#) is a supporter of this prompt, offering free access to resources to help youth create their own music or podcasts.

HopeandJustice.DirectingChange.org



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Program & Film Contest

