



YOUTH CREATING CHANGE

Directing Change
Program & Film Contest



Selection of Directing Change Walk in Our Shoes PSAs

(60-second films, updated June 2024)

Tag us when sharing online!

Instagram: [@directingchange](https://www.instagram.com/directingchange)

TikTok: [@directingchange](https://www.tiktok.com/@directingchange)

X: [@DirectingChangeCA](https://twitter.com/DirectingChangeCA)

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2024



Small Acts

Empathy

Woodland Hills Academy, Los Angeles County

A middle school student struggling with bullying and isolation finds hope when another student speaks up for her.

[\(view/download\)](#)

Dealing with Anxiety

Mental Health

Las Flores Middle School, Orange County

This film is about causes and symptoms of anxiety, as well as how to handle them.

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The Light in the Darkness

Suicide Prevention

Palms Middle School, Los Angeles County

This film seeks to teach audiences that it's okay to reach for help if they ever need it and that they don't need to hide their feelings from others.

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Rabbit Hole

Mental Health

Las Flores Middle School, Orange County

This film reminds youth that, even when they feel lost and overwhelmed, there are resources and people available to provide guidance and support.

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2023



Clarity

What is Mental Health?

David A Brown Middle School, Riverside County

Using seeing clearly as a metaphor, this film demonstrates how mental health challenges can permeate all aspects of life – while also showing that help and hope are always there.

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Haunted

Words Matter

Castaic Middle School, Los Angeles County

A student reveals the hidden impact of the words we use to describe others and shares the National Suicide Prevention resource.

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Help is Near

The Superhero in Each of Us/ Suicide Prevention

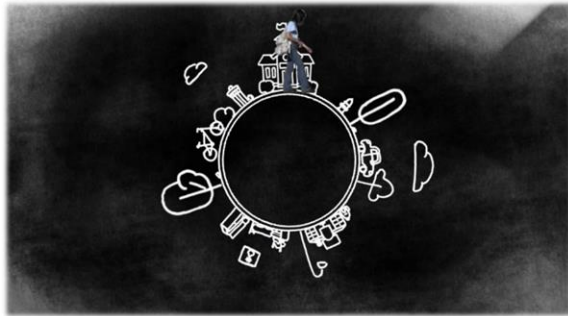
North County Recreation and Park District, Monterey County

This film provides a powerful reminder that support and assistance are available for those who need them.

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My Empty Feeling

The Superhero in Each of Us/ Suicide Prevention
Rio Del Sol STEAM School, Ventura County
This film describes the experience of depression
and provides some tools viewers can use to help
themselves feel better.
([view/download](#))



Reaching Out

What is Mental Health?
Las Flores Middle School, Orange County
Combining live action and animation, this film
teaches “viewers about what mental health is,
how you can improve it, and how you can help
someone who struggles with it.”
([view/download](#))

Remember

Words Matter
Las Flores Middle School, Orange County
This educational film focuses on a day in the life of a
student with ADHD.
([view/download](#))



There’s Always Hope

The Superhero in Each of Us/ Suicide Prevention
Young Oak Kim Academy, Los Angeles County
A youth describes some of the symptoms of
suicidal thoughts and reaches out for help. A
trusted adult and friend both provide support.
([view/download](#))

The Unforeseen

The Superhero in Each of Us/ Suicide Prevention
The Bayshore School, San Mateo County
This creatively animated film tells the story of a girl who feels lonely but finds comfort when other students reach out and show kindness.
([view/download](#))



Words

Words Matter
Palms Middle School, Los Angeles County
This film encourages youth to be their authentic selves, think positively about themselves and others, and reach out for help if needed.
([view/download](#))

You're Not the Only One

What is Mental Health?
Rio Del Sol STEAM School, Ventura County
A youth struggling with symptoms of anxiety provides insight into his experience and realizes it's time to get help.
([view/download](#))



2022



Dear Future Me

The Superhero in Each of Us/ Suicide Prevention
Rancho Minerva Middle School, San Diego County
Youth share an empowering message to their future selves focused on resilience and strength.
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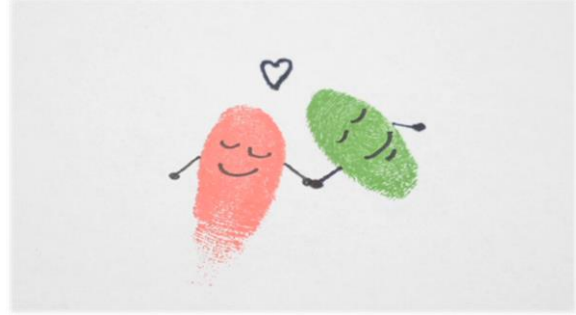
Fingerprints

What is Mental Health?

Rancho Minerva Middle School, San Diego County

This film discusses how each person expresses emotions differently and why it's important to support those around us.

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Monsters of Mental Health

What is Mental Health?

Washington Elementary, Tulare County

A girl shares her experience dealing with anxiety and all the challenges it brings. She finds a therapist and learns new coping skills over time.

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The Passion in My Life

The Superhero in Each of Us/ Suicide Prevention
Mountain View Elementary School,
Tri-City (Los Angeles County)

When a boy shows some of the warning signs of suicide, a friend reaches out to him and he connects with a trusted adult. The film shares that it's okay to not be okay and that help is available.

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Suffering

What is Mental Health?

Castaic Middle School, Los Angeles County

This film explores what mental health looks like and how to get help if you are struggling.

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Where Did My Braids Go?

The Superhero in Each of Us/ Suicide Prevention
Mountain View Elementary School,
Tri-City (Los Angeles County)

A girl's friends notice that she is showing warning signs of suicide and step in to offer her support. The film shares the National Suicide Prevention Lifeline.

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2021



Help Equals Hope

The Superhero in Each of Us/ Suicide Prevention
Palms Middle School Modern Media and
Communications Magnet, Los Angeles County
A girl's friend connects her to the suicide crisis
line after noticing changes in her behavior.

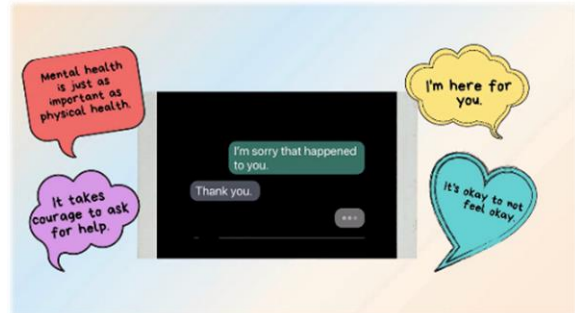
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I'm Here for You

What is Mental Health?
Bret Harte Preparatory Middle School,
Los Angeles County

In this film, a text message exchange shows how to be a supportive friend to someone going through a difficult time.

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The Music in Me

The Superhero in Each of Us/ Suicide Prevention
Mountain View Elementary School,
Tri-City (Los Angeles County)

A girl begins to lose interest in what she loves doing, but with her sister's support, she starts to feel better and play music again. "We wanted to portray the message that whatever you're going through, you're not alone, there's always hope."

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Online Dangers: The Power of Our Words

Words Matter

Palms Middle School Modern Media and Communications Magnet, Los Angeles County

A boy dealing with cyberbullying receives a kind message from a friend. "It might be easy to ruin someone's day [...] it's just as easy to make someone's day."

[\(view/download\)](#)



2020



The Effect of Words (2020)

Words Matter

Washington Elementary, Tulare County

A boy expresses the difficulties of struggling with mental health issues and how they cannot be turned on and off like a light switch. Sometimes all a person needs is support and understanding.

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Invisible

Words Matter

Hawking STEAM Charter School 2, San Diego County

A student struggles as he's being labeled and bullied at school. A friend reaches out to him and uses positive words to build him up.

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My Life

What is Mental Health?

Mountain View Middle School, Riverside County

A boy is diagnosed with ADHD feels alone and is struggling in school until he reaches out for help and starts to see the light.

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Sympathetic Steps

The Superhero in Each of Us/ Suicide Prevention
Hawking STEAM Charter School 2, San Diego
County

A boy walks in the shoes of several other boys
and sees their life struggles from their
perspective.

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Windows

The Superhero in Each of Us/ Suicide Prevention
Rancho Minerva Middle School, San Diego County
Close up views of student's eyes are shown to
symbolize windows to the soul, communicating
the message that people deserve to be seen and
to be happy.

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2019

Anxiety

What is Mental Health?

Mission Middle School, San Diego County

A student deals with anxiety and talks about the
methods that help her cope with it.

[\(view/download\)](#)



Healing

What is Mental Health?

Hale Charter Academy, Los Angeles County

A student struggles with depression and learns to
see the light in the darkness and learns that her
depression does not define her.

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Helping a Hero

The Superhero in Each of Us/ Suicide Prevention
Rafer Johnson Jr. High Kingsburg, Fresno County
A superhero loses his powers, but a friend reaches out to let him know he cares.

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How to Help a Friend

The Superhero in Each of Us/ Suicide Prevention
San Pasqual Union School, San Diego County
This film follows a group of friends as they discover a classmate's struggles and reach out to a trusted adult at school.

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Keep an Eye on Me

The Superhero in Each of Us/ Suicide Prevention
David A Brown Middle School, Riverside County
A student describes his struggles with depression and loneliness and expresses how his friends give him hope.

[\(view/download\)](#)



Feeding My Heart

What is Mental Health?
Mission Middle School, San Diego County
A student explains the importance of taking care of your mental health along with your physical health.

[\(view/download\)](#)

Make Your Mark

What is Mental Health?

David A Brown Middle School, Riverside County

A girl hides her true feelings behind a smile and laughter until she finds friends who like her for who she is. She finds power and strength in expressing herself authentically.

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