



Monthly Prompt Calendar

2023/24

There is a lot going on in the world these days. It's okay to feel tired, overwhelmed, angry, scared, confused. It's okay to just feel. Or if youth are up for it, this contest provides a platform to express themselves and use these feelings and their voice to encourage purposeful action and to start conversations that matter – through art. Entries are accepted monthly (September through May) and are due the last day of the month at midnight.

- All art forms accepted!
- Win up to \$300 in Amazon gift cards
- Open to youth ages 12-25

HOPE:

Create a film, song, narrative or piece of art that shares your story and encourages others to find their own way to get through tough times. What helps you get through tough times? What do you see or experience in your life or community right now that gives you hope?

JUSTICE:

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more. What changes do you want to see in your community? What can young people do to take a stand against injustice?

MONTHLY PROMPT:

See our Monthly Prompt calendar for or details!



SPECIAL TIKTOK CHALLENGES:

Special **TIKTOK** challenges are offered throughout the year. During those months, all entries submitted that respond to the identified **TIKTOK** content prompt, receive a \$20 Amazon gift card, and qualify to win the grand prize of \$100. (These prizes are in addition to the regular Hope and Justice contest for that month.)

ANNUAL FILM CONTEST

Do you know about our annual film contest? Learn more here: DirectingChangeCA.org

HopeandJustice.DirectingChange.org



MONTHLY PROMPT CALENDAR SEPTEMBER 2023 THROUGH MAY 2024

September 2023

Hope & Justice

Find Your Anchor:

All of us benefit from an anchor, one that keeps us firmly planted, no matter what winds or storms may come. For September's prompt, the Directing Change Program was inspired by the Find Your Anchor non-profit. Think about what your anchor is when you are going through a tough time. How does it remind you to stay hopeful? Then express it through art, writing, music or film. You can have one anchor or many! An anchor could be a hobby or activity, a form of self-care like music, journaling or breathing, or any little thing that brings you joy, helps you cope and reminds you about your reason for living. Visit the website to request a Find Your Anchor box and to learn about our Special Tik Tok Challenge for this prompt!

SPECIAL
TIKTOK
CHALLENGE



CalHOPE



FIND
YOUR
ANCHOR

October 2023

Hey! What's Up? R U Ok?

No longer hidden in the shadows, mental health is trending as something we hear about daily. Awareness campaigns are asking us to seize the awkward and talk openly about mental health and suicide prevention, to know the signs, and to take action for mental health by checking in with ourselves and others. If you are worried about a friend, checking in lets them know you care and that they are not alone. This month, use your artistic talent to show what a conversation about suicide prevention or mental health can look like in real life with a film, podcast, comic, story, or any other form of art.



CalHOPE

November 2023

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!



Los Angeles County
Office of Education

December 2023/January 2024

What I Wish My Parent(s) 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. How can the adults in your life help you feel seen, support your dreams, and help you through tough times?

This prompt is offered in partnership with Civilian and California's Youth Suicide Prevention Media Campaign funded by CDPH.

SPECIAL
TIKTOK
CHALLENGE





February 2024

You Are Never a Bother

Life can get overwhelming and it's not always easy to express how we feel or to reach out for help. Young people may sometimes feel like they don't want to burden others with their problems. How would you let a friend or someone close to you know that it's ok to reach out for help and that **they are never a bother**? Choose your artistic format and communicate a message that validates a young person's feelings, letting them know they are never a bother, and that it's ok to reach out for help.

This prompt is offered in partnership with Civilian and California's Youth Suicide Prevention Media Campaign funded by CDPH.

**SPECIAL
TIKTOK
CHALLENGE**



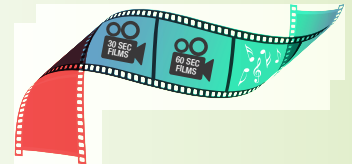
March 1, 2024

Remember to Submit to Annual Film Contest

The deadline for our annual film contest is March 1!

- Multiple submission categories for 30-second and 60-second films focused on mental health and suicide prevention topics.
- Win up to \$1000 in cash prizes and be recognized at a statewide red carpet award ceremony!

Learn more at DirectingChangeCA.org



April 2024

Decoded

This month, we're teaming up with our partners at Decoded to invite you to show us how you cope when life gets tough. Use whatever creative lens moves you: craft a poem, create a visual art piece, or produce a short-format video or social media graphic. Show us your hacks for dealing with setbacks or keeping hope alive when things look dark. Understanding yourself – discovering what works for you and what motivates you – can help you make more intentional choices on a path to a healthier, happier life.



 **DECODED**

May 2024

Snap, Filter & Swipe

As you snap, filter and swipe through TikTok, Instagram, Snapchat and more, think about how social media has impacted your perception and share the changes you want to see. With so many apps, filters have become a common form of self-expression. For this prompt, create a film, poem, or other artwork inspired by how powerful filters and social media can be. If you could invent a filter with a more realistic expression of where your mental health is at, what would it be? How does social media allow you to express yourself and connect with others? How does it affect your self-esteem and view of the world? Visit the website to learn about our Special TikTok Challenge for this prompt!

**SPECIAL
TIKTOK
CHALLENGE**

