



# BE SUPPORTED, SEEN, HEARD, & UNDERSTOOD – YOUTH VIDEO CONTEST



The Clark County Children’s Mental Health Consortium (CCCMHC) is hosting a youth video contest to promote Children’s Mental Health Acceptance Week: May 7-13, 2023. The purpose of this contest to encourage the youth of Clark County, NV to express their creativity as a way to help raise awareness about mental health.

Winners will be announced in April, 2023. First, second, and third place winners will be recognized in May, 2023 and winning videos may be shown during a public screening. Their work will also be featured on the CCCMHC Mental Health Awareness website and YouTube Channel.

## Submission Instructions

**DEADLINE:** FRIDAY, FEBRUARY 24, 2023 BY 11:59pm (PST)

**HOW TO SUBMIT:** Eligible participants may enter by submitting their video via SurveyMonkey by going to <https://bit.ly/CCCMHC-2023Contest> and providing the following information:

- Full names of everyone on the submitting team.
- Link to unlisted YouTube video or uploaded video file.
- Name and contact information of the Lead Producer.
- Signed release forms uploaded as attachments.

## Contest Rules

To enter the contest you must agree to these official rules. Video submissions that do not abide by these rules will be disqualified.

**Contest Eligibility:** This is a youth video contest; only videos produced by individuals aged 24 and younger are eligible. Contestants may work together in groups or submit entries as individuals, but each video must have a “lead producer” who is the main point of contact.

**Contest Theme:** This year’s theme is “Be Supported, Seen, Heard, & Understood.” All videos must focus on and promote positive mental health. This may include any of the following:

- Positive coping strategies
- Stopping bullying while ending prejudice & discrimination
- How to build meaningful connections
- Making mental health part of the conversation at home/school
- Activities to help support mental wellness
- How the words you use impacts youth mental health
- Fostering acceptance of mental health challenges
- Encourage behavior changes that ends stigma, provides support, and advocates for equal care.

**Time Limit:** Videos must be NO LONGER than 3 minutes in length. This includes any opening and end credits.

**Submission Format:** Entries are limited to the following file types: MOV, MPEG4, AVI, WMV. All videos must be uploaded as an unlisted video to YouTube or uploaded to the submission form. CCCMHC may request winning videos to be provided in other formats.

**Submission Language:** Videos must be submitted in English or with English subtitles. Contestants may submit videos in other languages, but they must contain English subtitles so that your message can be understood by everyone.

**Release Forms:** Every person on the submitting team has to submit a signed **Video Contest Release Form**. In addition, all individuals who appear (visually or voice) in the film need to sign the **Image and Voice Release Form**. These must be scanned and uploaded during the submission process. Entrants under 18 years old must have their forms signed by a parent or guardian.

**Prizes:** Cash prizes will be awarded to 1st, 2nd, & 3rd place winners and additional prizes may be awarded!

1st Place = \$200      2nd Place = \$100      3rd Place = \$50

FOR ANY QUESTIONS REGARDING THIS CONTEST OR FOR ASSISTANCE WITH SUBMITTING YOUR VIDEO, PLEASE CONTACT: M. Amaris Knight - M.Amaris.Knight@unlv.edu.



## **BE SUPPORTED, SEEN, HEARD, & UNDERSTOOD – DO's & DON'Ts**



The following rules must be followed in order for your video to be judged.

### DO's...

1. DO get your parent's permission if you are a minor. Each Contestant who is a minor must get permission from a parent or legal guardian before shooting a video and/or entering the contest.
2. DO protect yours and others' privacy. If you are including names in your video, say only your first name and please don't mention anyone else's name or other personal information or include them in your Video (including appearing in or contributing to the Video) without first obtaining their written permission (or if they are a minor, the written permission of their parent/guardian).
3. DO be original. Feel free to put your own spin on Mental Health Awareness and ways to create or encourage connection, support, and coping. Videos must be created for the purpose of entering into this contest and cannot have been submitted previously in a promotion or contest of any kind, or previously shared with the public through Email, YouTube, Facebook, Twitter, or any other means.
4. DO use **person-first language**, which refers to people who are living with mental health challenges as part of their full-life experience, not people who are defined by their mental health challenges (i.e. Use '*He has schizophrenia*', not '*He is schizophrenic*').
5. DO be sensitive to racial, ethnic, religious, sexual orientation and gender differences, with all individuals realistically and respectfully depicted.
6. DO be careful. Take caution when creating your video. Make sure not to shoot any violent activities or dangerous stunts that put you and/or others at risk of getting hurt. For your safety and the safety of others, don't try any risky moves.
7. DO make sure your video is suitable for public presentation. Basically, if you wouldn't want your parents, principal, or pastor to see it, it's not a video you should submit! CCCMHC reserves the right to make the final determination as to the suitability for public presentation.

### DON'Ts...

1. DON'T show any brands or logos, famous landmarks, buildings, books, works of art etc. That means no visible/recognizable use anywhere in the video of brands on clothes, sneakers, in the background, or other things which may be subject to third party intellectual property rights, such as (for example) famous landmarks, buildings, or works of art.
2. DON'T include any names and/or likenesses of any person other than you in the submission without first obtaining written permission (this includes not using images/voices of famous people). You will be responsible for getting written permission from any person included in your video (or their parent/guardian).
3. DON'T be rude or use profanity. **Avoid bad language, rude gestures and other inappropriate stuff:** Videos MUST NOT include nudity; obscenity; offensive language, depictions of drugs, alcohol, tobacco products, or any harmful or illegal activity; material that is fraudulent, deceptive, racially offensive, sexually explicit, threatening, hateful, or harassing.
4. DON'T use terms such as "crazy" and "psycho" unless explicitly communicating to the audience that these terms are unacceptable.
5. DON'T use any perpetuating myths or stereotypes of people living with a mental health challenge (such as: being dangerous or violent, disabled or homeless, helpless, or being personally to blame for their condition). This will help you to produce an accurate, respectful and mindful film.

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