



# Video - Suicide Prevention and Mental Health Awareness

## Event Specifications

### SCOPE OF CONTEST

This contest is designed to work in tandem with the Directing Change Student Film Contest (<https://directingchange.org>). We highly encourage students to submit their films to this contest, which offers several categories for exploring important mental health topics.

If at any point during the creation of your video you experience an emotional crisis, are thinking about suicide, or are concerned about a friend, please immediately call 988 or visit the 988 Lifeline website at <https://988lifeline.org/>. This service is available 24 hours a day to offer support. Ensure that everyone involved in your project is aware of these resources.

### NUMBER OF COMPETITORS

The competition is a team (up to four members), limited to 30 entries.  
*Fresno ROP reserves the right to modify enrollment due to limited spaces available.*

### RULES AND PROCEDURES

1. See Rules and FAQ at [www.directingchange.org](http://www.directingchange.org). This website features a contest that is separate from **Career Skills Challenge** but the rules and FAQ will be the same. It is highly recommended you participate in the **Directing Change Contest** for a chance to win prizes but that is optional and separate from **Career Skills Challenge**. You can choose to enter any of the following Directing Change categories:
  1. Suicide Prevention
  2. Mental Health
  3. Through the Lens of Culture
  4. Animated Short
2. Please utilize the following key resources to guide your creation:
  - Suicide is Preventable (<https://www.suicideispreventable.org/>) - Use this site to understand the signs of suicide and learn actionable steps to help those in need.
  - Fresno Cares (<https://fresnocares.org/>) - Reference this local resource for additional support and information specific to our community's efforts in suicide prevention and mental health awareness.
  - SAMHSA: It's Okay Not to Be Okay (<https://www.samhsa.gov/blog/its-okay-not-be-okay-tips-resources-mental-health-awareness-month>) - This provides important tips and resources for acknowledging and addressing mental health issues effectively.
3. Please submit your completed films to the Directing Change Student Film Contest by March 1st, following their guidelines for each category available at <https://directingchange.org/submission-categories/>.
4. This contest offers you a platform to showcase your creativity and convey a message of hope and support to those affected by mental health challenges. We look forward to seeing how you use your talents to promote awareness and understanding in these critical areas.



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5. Talent and voiceovers within either entry are not restricted to students only.
6. All entries must include "Presentation Notes" including an "unlisted" video link to YouTube for each film (see form below). The notes must also describe the intent of the entry and have a brief description of the method processes used in creating the video.
7. Career Skills Challenge Submission Deadline: March 3, 2025, 4:00 pm – Each film must be uploaded as an "unlisted" video to YouTube.
8. All entries, with accompanying presentation notes and student/school information, must be in the Fresno ROP office by March 3, 2025 at 4:00pm. You can email your entry to [sgeorge@fcoe.org](mailto:sgeorge@fcoe.org) or deliver to:  
Fresno ROP  
ATTN: Career Skills Challenge  
1318 E. Shaw Ave., Suite 420  
Fresno, CA 93710
9. 2025 Directing Change Contest Submission Deadline: Midnight, March 1, 2025. You will need to fill out an Intent to Direct Form (available on their website [www.directingchange.ca.org](http://www.directingchange.ca.org)) as soon as possible.

### **JUDGING CRITERIA**

- Creativity, Originality, Impact
- Execution
- Technical Quality

### **EQUIPMENT AND MATERIALS**

1. Supplied by the contestant:
  - a. Presentation notes (Including "unlisted" video link to YouTube)
2. Supplied by the Career Skills Challenge:
  - a. Projector, computer



# CAREER SKILLS CHALLENGE

## SCORE SHEET

### Video - Suicide Prevention and Mental Health Awareness

Contestant Number \_\_\_\_\_ Title \_\_\_\_\_

Evaluated	Scoring 1 (lowest) - 5 (highest)
<b>Creativity, Originality and Impact</b>	1 2 3 4 5
<b>Adherence to Safe Messaging</b>	1 2 3 4 5
<b>Execution of Production</b> <ul style="list-style-type: none"><li>• Theme of production</li><li>• Directions followed (intended audience, format, Presentation Notes)</li></ul>	1 2 3 4 5
<b>Technical Quality</b> <ul style="list-style-type: none"><li>• Image clarity and sound quality</li><li>• Voice over appropriate to audience/message (clear speech, tone, volume)</li></ul>	1 2 3 4 5
<b>Total Points</b>	

Judge's Comments:

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