



Monthly Prompt Calendar

2024/25

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.

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

www.HopeandJustice.art



YOUTH CREATING CHANGE



Directing Change
Program & Film Contest



CalHOPE

MONTHLY PROMPT CALENDAR SEPTEMBER 2024 THROUGH MAY 2025



September 2024

Never a Bother

Life can get overwhelming, especially when we experience small and big life changes like going back to school, moving, going to college or a new school, or even starting a job. This month create a film, art piece, song, or narrative that reminds us that we don't have to face these challenges alone. Let someone know that it's okay not be okay sometimes and remind them that they are never a bother.

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

**SPECIAL 988
VIDEO & ART
CHALLENGE**



**Never
Bother**

October 2024

What This Election Means to Me

Being under 18 years old may mean that you cannot vote in the upcoming general election, but it doesn't mean that young people cannot contribute to political engagement and to conversations about issues that are important. This month, use your creativity to create art that explores how you've been taking care of your mental health this election year, or what representation in elected leaders means to you. Creatively share stories & issues you care about.



November 2024

"I Am":

Who we are and how we identify ourselves makes us unique in our own way and can provide us with a sense of belonging, which is important for our mental health. This month, create a piece of art that finishes the phrase "I Am..." Think about your background, where you come from, things that have helped shape you into the person you are today.

The prompts is offered in partnership with the CalHOPE Schools initiative. Learn more at CalHopeSchools.org



CalHOPE



December 2024/January 2025

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 2025!



MONTHLY PROMPT CALENDAR SEPTEMBER 2024 THROUGH MAY 2025



February 2025

Find Your Anchor:

All of us benefit from an anchor, one that keeps us firmly planted, no matter what winds or storms may come. This month, think about what your anchor is when you are going through a tough time how it helps you stay hopeful. Then express it through art, writing, music or film. 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.

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SPECIAL
TIKTOK
CHALLENGE



FIND
YOUR
ANCHOR

March 2025

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 2025

Mental Health Thrival Tips

How do you take care of your mental health? Create a project that shares how you get through tough times, how you practice self care, or what you see in your life or community that gives you hope during challenging times. Create videos, TikToks or art that shows specific breathing, grounding or healing activities that you use to help you when you're feeling down or that help keep you from feeling overwhelmed.

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May 2025



What is Your Word?

May is Mental Health Matters Month. This month, share your vision- what does a world that supports youth mental health look like? If you could use one word to describe what young people need for better mental health, what would it be? Express your word through art in any form, and be sure to creatively incorporate the lime green ribbon as a symbol for mental health.

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