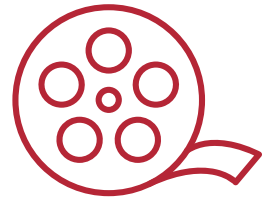


Champion for Change Award

Video Content & Quality Guidelines



Videos do not need to be of a professional level but should still be of decent quality. Submissions will be judged based on the quality of the video (20%), the activity itself (40%), and how compelling the narrative is expressed in the video (40%).

Start with an introduction:

"Hi, my name is _____. I am ___ years old and I am in ___ grade."
(If this is a group project introduce all members of the group)

Explain what the project was that you/your group was/were involved in:

What was the intended purpose of the project? (The activity should incorporate at least one of the following three categories)

1. Initiated or led a tangible project that helped either change/influence a system/policy and/or affected more than one other young person in an area that relates to child or adolescent mental health
 - What was the system or policy that was changed/influenced?
 - How did this activity contribute to changing/influencing it?
 - How will these changes/influences affect children or adolescents with mental health needs?
2. Engaged in efforts that raise awareness about child or adolescent mental health
 - How did this activity accomplish this?
 - Was there a specific mental health issue this activity was intending to draw awareness to?
3. Advocated on behalf of other young people with mental health needs
 - How did you advocate for them?
 - Were you able to effectively advocate for them?

As you describe your project, try to make the narrative as compelling as possible.

What motivated you to lead or participate in this activity?

How do you think this activity has impacted child and adolescent mental health?

Did your activity accomplish your original goals?