

 A graphic for the "Directing Change Program and Student Film Contest" featuring a camera on a tripod. The text reads: "ALL IT TAKES IS 60 SECONDS TO MAKE A DIFFERENCE." Below this, it says "ENTER CALIFORNIA FILM CONTEST FOR YOUTH AND YOUNG ADULTS. WIN CASH AND RESOURCES FOR YOUR SCHOOL, ORGANIZATION OR CLUB." To the right of the camera, there are three bullet points:

- ▶ Youth throughout California learn about the topics of suicide, prevention, and mental health
- ▶ Participants are exposed to "safe messaging" guidelines, warning signs, and how to respond to someone in distress
- ▶ The winning teams win prizes, receive resources, and get to meet with policy makers on these topics

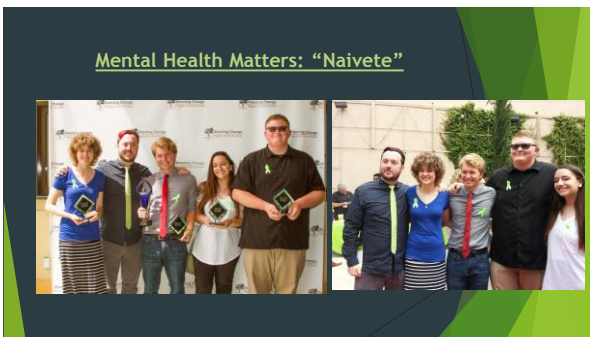
 At the bottom, another bullet point states: "▶ Films are used throughout the state to raise awareness"

 A graphic for the "Directing Change Program & Film Contest" featuring a camera on a tripod. The text reads: "Directing Change Program & Film Contest". Below this, there are three bullet points:

- ▶ The program received 451 submissions from 1,133 youth from 91 high schools, 35 colleges and 31 counties
- ▶ Videos are judged regionally in three categories: suicide prevention, mental health matters, and a new category, Through the Lens of Culture
- ▶ 31 Orange County High Schools submitted videos







Why it Matters?

- ▶ 40 - 68% of young people experiencing thoughts of suicide turn to peers and their family for assistance
- ▶ Fewer than 25 percent of the peers tell an adult about a friend's problem or urge the young person in crisis to go to an adult for help
- ▶ By "*Directing Change*," the young filmmakers encourage their peers to know the warning signs and impart knowledge to connect a friend to a trusted adult or resource
