



# VIDEO CONTEST

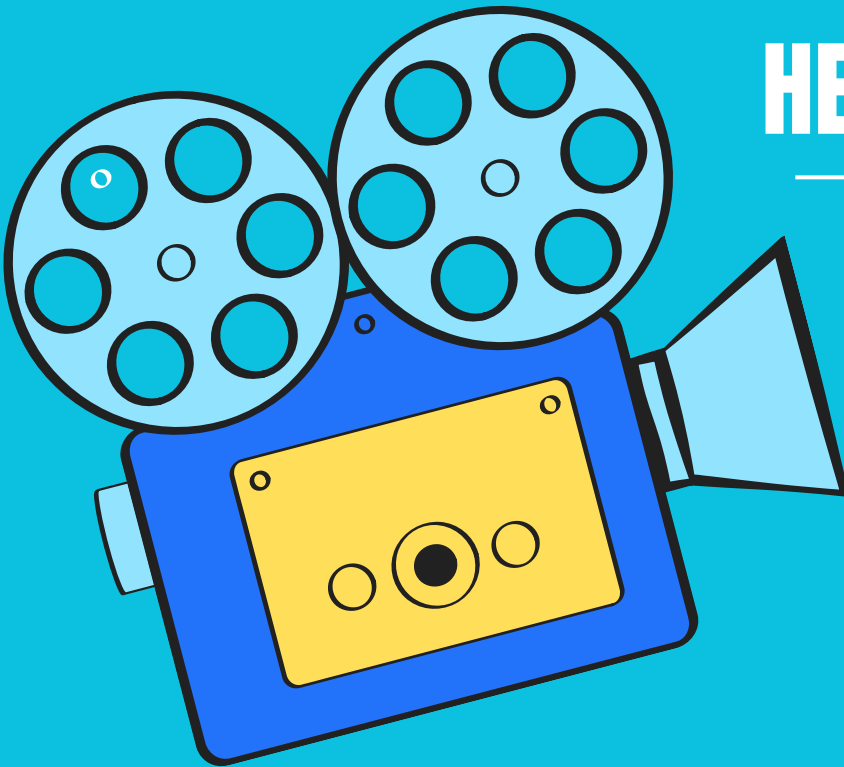


VIDEOS DUE <b>APRIL 18TH</b> 2025	HIGH SCHOOL AGED YOUTH <b>14-18</b>	WINNER AWARDS EVENT <b>MAY 16TH</b> 2025
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MAKE A VIDEO ABOUT  
**HEALTHY CHOICES**

**PRIZES FOR TOP 3  
FINALIST VIDEOS**

For more details & video  
submission form  
scan QR code



HEJOHNSON@CO.MARION.OR.US

## Details:

- Create a video focused on healthy choices!
- The video should be from youth voice and youth perspective.
- Be Creative! Potential video ideas:
  - A video about a time you've been faced with a tough choice and chose the healthy route instead.
  - Make a mini documentary on something you've accomplished & the work it took to get there.
  - Have a talk show/interview style video about healthy choices.
  - Create a PSA to other youth on how healthy choices impact your future.
  - Share an informational video on ways you calm down when stressed.
- Complete the video submission form by scanning the QR code.
- Send your video to Heidi Johnson: [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us)

## Prizes!

- 1st place video is awarded \$1,000 (\$500 toward content creators-youth that's you, and \$500 toward sponsoring organization).
- 2nd & 3rd place receive \$500 (\$250 toward youth, and \$250 toward sponsoring organization).

## Video Guidelines:

- No longer than 4 minutes.
- Needs to depict healthy activities & messaging.
- Cannot have: violence, drug use, illegal activity, weapons, or self-harm
- Must provide credit if using music.
- The focus should be educational! Videos will be judged by educational content, creativity, & video production.
- Have a positive message throughout or by the end of the video.