



HIGH SCHOOL VIDEO CONTEST!



How to enter:

- 1 You need a group of 2-4 friends ages 14-18.
- 2 Create a video focused on healthy choices.
- 3 Send us your video!

**Videos Due:
April 30th, 2024**

**Have Questions?
Contact Heidi Johnson:**

Hejohnson@co.marion.or.us

**For more details &
video submission form
scan the QR code**



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: hejohnson@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 or drug use/illegal activity.
- 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.