



2015 Video Competition: Youth, Media & Health

(6th – 12th Grade)

Young people now spend more time with media than they do in school (American Academy of Pediatrics). Even though media can be positive, excessive media use is associated with obesity, lack of sleep, school problems, substance abuse, aggression and other behavior issues. The Academy recommends **educating** schools, parents and students about health effects of excessive media and the importance of having a media budget.

Help us educate families about this growing concern.

We have found the best educators are often students!

You may win cash – up to \$500!!

STEP ONE: Read the Academy’s policy statements on *Children, Adolescents, and the Media* (2013) OR *Children, Adolescents, Substance Abuse, and the Media* (2010) AND at least one science research article related to the topic. Find policies and articles at www.TakeTheChallengeNow.net click on Science Articles or conduct your own research.

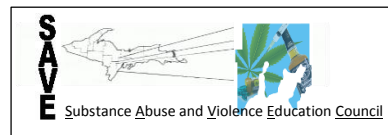
STEP TWO: Create an educational 60-second video. (Certain restrictions apply. See reverse side for list of rules.)

DEADLINE for entries: Feb. 24th

Winning videos will be announced and shown at an

AWARDS CEREMONY on March 24th, 6:00 - 7:30 pm at

The Escanaba Upper Elementary School, 1500 Ludington, Escanaba



	6th, 7th & 8th	9th - 12th
People’s Choice Award	\$300	\$300
1 st Place	\$ 200	\$ 200
2 nd Place	\$ 100	\$ 100
3 rd Place	\$ 75	\$ 75
4 th Place	\$ 40	\$ 40
5 th Place	\$ 25	\$ 25
Honorable Mention	\$ 20	\$ 20
With the new People’s Choice Award your video could win \$500!		

Videos must be burned to a DVD or saved to a flash drive in either Windows Media Player, QuickTime format, or MPEG-4 video. Create your video on Windows MovieMaker and save as a Media File or use Quick Time and burn to a DVD. Smartphones may be used as long as it’s submitted on a CD/DVD media in a usable format. Find more information and resources on making videos at:

www.facebook.com/SAVECouncil

phdm.org



Contest Rules:

1. Videos must be no longer than 60 seconds including credits.
2. **All videos must have a Title** at the beginning AND on the registration form.
3. Credits are shown at the end of the video. **Only the students' first names** are to be used. During the Award Ceremony student's full name, grade, and school will introduce each video taken from the Registration Form below. (Write Neatly!)
4. Music is not required or expected, but can make a video more appealing. Any video containing copyrighted music will be automatically disqualified. Contestants may create their own music, use Garage Band, Smart Sound music making software, or use royalty-free music found at: <http://freeplaymusic.com> or <http://www.royaltyfreemusic.com>.
5. No copyrighted visual images are allowed. You may use your own photos or video clips but you must have signed [consent form](#) of anyone who can be identified. A release form can be found with the rules www.phdm.org You may also use your own artwork or claymation. **So where do we find free-use images?** www.publicdomainpictures.net www.pics4learning.com or http://commons.wikimedia.org/wiki/Main_Page
6. All science studies used in making a video must have been published in a research journal. Wikipedia does not count as a research source. There are summaries or abstracts from studies on the website www.TakeTheChallengeNow.net Click on the link **Science Articles** at the top of the page. There are also good websites with research studies students can read. Click on **Resources**. One example is the Harvard Center on Media and Child Health www.CMCH.TV which has summaries of over 6,000 research studies related to media use and the impact on health. Click on **Researchers**.
7. **Videos must be G rated.** This contest is about educating families, including young children, so entries must be appropriate for children to see. Videos depicting criminal behavior, violence, bullying or drug use will be disqualified. Focus should be on consequences, making the right choice, prevention and/or creating a family media plan.
8. Failure to comply with above-stated rules may result in video being disqualified.
9. If the entrant works with other students in creating the video, the oldest student will determine the grade category for judging. For example, a 7th and 9th grader working together would be judged in the 9-12 grade level.
10. Students must live or attend school in Delta or Schoolcraft counties.

Complete this form and attach to your DVD. If a video was made by more than one student, ATTACH ONE FORM FOR EACH STUDENT. If the video includes students who can be identified then a signed [consent form](#) must be attached. Submit your entry to your school office by Feb. 24, 2015. Write neatly.

Name _____ Grade _____ School _____

Home Address _____

City _____ Home Phone _____

Title Video (You must have a title): _____

Title of Science Research Article and Name of Journal: _____

If you use music indicate source: _____