ROSEN digital

“IT’S YOUR CAUSE” VIDEO CHALLENGE

Take Action! Create a PSA!
Spread the Word! Win a prize!

CHOOSE YOUR CAUSE!
What do you care about:

- Bullying
- Depression
- Suicide
- Anorexia
- Homelessness
- Friendship
- Addiction
- Drinking & Driving
- Poverty
- War
- Refugees
- Environment
- Human Rights
- Discrimination

See opposite side for contest rules and guidelines

teenhealthandwellness.com/static/videochallenge
or call 877.381.6649

teenhealthandwellness.com
From depression to dating to green living, spread the word about any Teen Health & Wellness topic you feel passionate about by creating a video PSA (public service announcement). Enter to be included in a drawing to win an iPod Shuffle! Plus, all videos that meet submission guidelines will be published on Teen Health & Wellness.

Check out an example created by students at Springfield High School here: teenhealthandwellness.com/static/videochallenge

HOW TO ENTER:

1. Shoot a short video (two minutes or less). Design it like a PSA (public service announcement) you might see on your favorite TV channel.

2. Submit your video to Teen Health & Wellness.

3. You will receive an email confirmation that Teen Health & Wellness has received your submission.

PRIZES:

All videos that meet our submission guidelines will be posted on Teen Health & Wellness! Along with that, you’ll receive a letter of commendation from Rosen Publishing and a $25 gift card to Barnes & Noble or Chapters. Plus, every three months, one video will be selected at random from the pool of submissions to win an even bigger prize for its creator(s)!

OFFICIAL RULES:

- Challenge participants must be between 13 and 19 years old.
- All video content must be original.
- Videos cannot include profanity or other inappropriate material.
- You may enter as many videos as you like, but they must each be submitted as separate entries.
- All people appearing in the video must sign a release form prior to the video being posted on Teen Health & Wellness. (Those under 18 must have the form signed by a parent or guardian.)
- You must submit a video that meets the contest rules in order to be entered to win.
- Winners will be chosen at the end of each March, June, September, and December from applicable videos submitted during those three months.
- Your video may not include copyrighted music (music that you do not have permission to use). You can find free, great music online to use in your video that falls under the Creative Commons license. A good place to start is https://creativecommons.org/legalmusicforvideos.