

WELCOME TO THE UNALTERED STATE



TEEN VIDEO CONTEST GUIDELINES

WHAT'S THE BIG DEAL?

YOUTH SUBSTANCE USE HAS BEEN ON THE RISE IN IDAHO. The drug landscape is more dangerous and deadly than ever. Between alcohol, vaping, marijuana, and counterfeit prescriptions, experts theorize that youth are using these substances to cope with stress, feelings of belonging, and mental health challenges. That's where YOU come in! Create a 90-second video that inspires youth to not use substances in the first place.

WHO CAN PARTICIPATE?

IDAHO STUDENTS FROM THE AGES OF 12-18 ARE ALL ELIGIBLE TO SUBMIT A VIDEO. You can submit a video as an individual or as a group with other students.



WHAT DO I GET OUT OF IT?

NOT ONLY DO YOU GET BRAGGING RIGHTS, BUT THERE WILL BE CASH PRIZES AWARDED TO THE BEST VIDEOS CREATED! Plus, Idaho Public Television will use your video as advertisements for the **Welcome to the Unaltered State** campaign.



*You may submit up to two (2) videos per submission

HOW DO I SUBMIT A VIDEO?

- 1. READ THE JUDGING CRITERIA DOCUMENT** and the Teen Video Contest Official Rules document so you know how judges will be scoring the videos and the rules.
- 2. DO YOUR RESEARCH** about substances and the dangers associated with them. You can start at TheUnalteredState.org
- 3. BE CREATIVE!** Submissions can be any style or genre BUT all videos should inspire hope and empower youth not to use substances—no scare tactics, please.
- 4. WRITE, DIRECT, AND EDIT A 90-SECOND VIDEO** that you think would prevent youth from using substances. All videos must be your own original, unpublished work and must not include any third-party logos or copyrighted materials.
- 5. UPLOAD YOUR VIDEO TO YOUTUBE AS AN "UNLISTED VIDEO."** Please DO NOT upload it as a "private video" as the judges will not be able to watch your video.
- 6. COMPLETE THE TEEN VIDEO ENTRY FORM** and include the URL for your video. Videos can be submitted until April 7, 2025.