

SCOOP FROM YOU(TH) CHALLENGE

PIECE OF MIND

REQUIREMENTS & SUBMISSION CHECKLIST

All submissions must be original work. Any use of AI-generated or copyrighted materials will not be accepted. Do not use artwork, music, slogans, or characters from the internet that are protected by copyright (such as Zelda, SpongeBob, Disney Characters, etc.).

General

- ☐ All art forms are welcome if you can share them in a video or visual format. For example, if you write a poem, you can record yourself reading it or create a video with the words on screen
- ☐ Written or typed content must be understandable and clear in your preferred language
 - ☐ IF your content is in a language other than English, please include an English translation or script along with it
- ☐ Content and language must be safe to share with others - it shouldn't hurt, offend, or put anyone (including yourself) in danger
- ☐ Submissions must be 5 minutes or less if recorded video or audio content
- ☐ Sources should be cited at the end of the submission, if used to inform content
- ☐ Submission must include "*Scoop From You(th) Challenge: Piece of Mind*" and the web address www.LiveWellSD.org/ScoopFromYouth, visibly and clearly on your video or visual submission

Requirements Specific to the **SELF-CARE SPOTLIGHT** Category

- ☐ Highlight at least one fact related to mental health. Cite credible sources, such as:
 - *It's Up to Us* San Diego
 - County of San Diego
 - Centers for Disease Control & Prevention
 - *Refer to the Artist Support Pack on our website for more recommendations*
- ☐ Include at least one self-care tip that relates to the mental health fact you provide

CHALLENGE INFORMATION:

Visit LiveWellSD.org/ScoopFromYouth to learn more and get started!

HAVE QUESTIONS?

Contact the *Scoop From You(th)* Team at Engage.BHS@sdcounty.ca.gov

#GetTheScoop #YouthChallengeSD #SFYCPieceOfMind



Requirements Specific to the **NORMALIZE THE NARRATIVE** Category

- Include tips or information about:
 - How to start conversations about mental health with friends, family, or peers
 - Ways to reduce stigma and make it easier to talk about mental health
 - How friends and family can support each other through tough times, OR
 - The importance of learning about mental health and how it affects you and those around you

Requirements Specific to the **MENTAL HEALTH FROM MY LENS** Category

- Share a personal testimonial, story, or experience related to mental health
- Include a call to action or ideas that can improve youth mental health, and connect it to your story

SUBMISSION PROCESS

- Complete the Submission Form and attach a file or public link of your entry. One Submission Form per entry is required

- IF uploading a file, use this naming template:

[SUBMISSION CATEGORY]_[Last Name, First Name]_2025_[TITLE]

Example: Self-Care Spotlight _Doe, John_2025_Mental Health Matters.png

- IF your public link is from any social media platform, your post must include the following hashtags **#GetTheScoop**, **#YouthChallengeSD**, and **#SFYCPieceOfMind**

- Upload a completed and signed
*2025 Scoop From You(th) Challenge
Registration & Release Form.*

**EXTENDED DEADLINE TO SUBMIT:
NOVEMBER 21, 2025**

If you are unable to complete, attach, or link your submission(s), or have any other questions related to the *Scoop From You(th) Challenge* requirements, please e-mail Engage.BHS@sdcounty.ca.gov for additional support no later than November 14, 2025.

GOOD LUCK & HAVE FUN!