



YOUTH CREATING CHANGE



Directing Change  
Program & Film Contest



## Selection of Directing Change Through the Lens of Culture PSAs

(60-second films, updated June 2025)

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**2025**



### **Manos Que Sostienen (The Hands that Hold Us)**

Career Technical Education Center,  
Kern County

Language: English and Spanish with English  
captions

This touching film focuses on a father/daughter relationship to shine a light on how prioritizing hard work can bring with it both advantages and disadvantages, especially when it comes to mental health. Ultimately, the film is a testament to the importance of making time to talk with and stay connected to those closest to us. ([view/download](#))

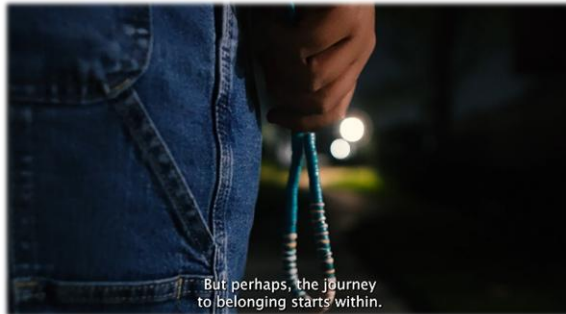
### **For Who You Are**

Harbor High, Santa Cruz County

Language: English with English captions

Featuring both members of the LGBTQ+ community and their allies, “For Who You Are” provides reassurance by reminding viewers that dark times don’t last forever.

[\(view/download\)](#)



### **Rewrite Your History**

Upland High School, San Bernardino County

Language: English with English captions

Told from the perspective of a Native youth, “Rewrite Your History” is a powerful film about identity, belonging, and forging your own path while staying connected to your roots.

[\(view/download\)](#)

### **Behind the Curtain**

Ramona High School, Riverside County

Language: English with English captions

This film centers on the culture of those dedicated to the performing arts, reminding them to check in with themselves and take care of their mental health, even while perfecting their craft.

[\(view/download\)](#)



### **Breaking The Silence**

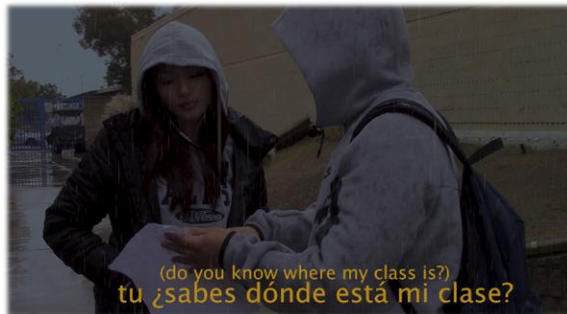
Village Academy High School, Tri-City (Los Angeles County)

Language: English and Spanish with English captions

Told from the perspective of a youth in a Hispanic household, this film addresses generational divides around mental health and the importance of speaking up about our feelings. [\(view/download\)](#)

## Nước (Water)

La Quinta High School, Orange County  
Language: English with English captions  
Told from the perspective of a youth with a Vietnamese background, this film bridges the cultural and the personal to remind youth that they are always enough.  
([view/download](#))



## Finding Connection

Mira Mesa High, San Diego County  
Language: Spanish and English with English captions  
“Finding Connection” explores the struggles of changing schools while also navigating a language barrier, ultimately showing that hope and connection are still possible.  
([view/download](#))

## Support

Jurupa Hills High School, San Bernardino County  
Language: English with English captions  
Set in a Hispanic household, “Support” is about the challenges some youth face when trying to communicate with their parents about mental health. ([view/download](#))



## La Tormenta Interior

El Dorado High School, Orange County  
Language: Spanish with English captions  
Sometimes, the coping strategies shared by families aren't the best for our mental health, especially when they encourage us to stay silent. Told from the perspective of a hispanic youth who expresses herself through music, this film encourages us all to speak up about our feelings and connect with others when we are struggling. ([view/download](#))

## Umoja

Buena Park High School, Orange County

Language: English with English captions

“Umoja” centers on the importance of family, unity, and the strength of speaking up, reminding youth from all backgrounds that they are never alone.

([view/download](#))



## Mi Hermanita

Warren High School, Los Angeles County

Language: English and Spanish with English captions

Using a quinceañera as a jumping off point, this film addresses the difficulty of talking about mental health challenges in some families. Even though parents might not always understand what youth are going through,

reaching out to friends and siblings can still help youth feel supported and reduce cultural stigma. ([view/download](#))

## Obstacles Faced Growing Up in Hispanic Culture

Harbor High, Santa Cruz County

Language: English with English captions

Featuring short interviews with different youth, this film unpacks some of the challenges faced by Hispanic youth, working to normalize conversations about mental health while reminding youth that they aren't alone in their struggles. ([view/download](#))





2024



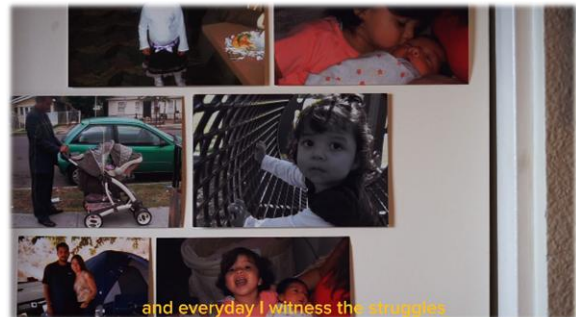
### Hot Pot

Los Alamitos High School, Orange County  
Language: English with English captions  
“Hot Pot” shows a son not knowing how to confide in his father. The son is struggling with school and his mental health and does not want to disappoint his father who came to America for his education. By the end of the film, the son works up the courage to express his stress and struggles to his dad.

([view/download](#))

### Bloom

San Diego Met High School, San Diego County  
Language: English with English captions  
"Bloom" addresses the intersectionality of struggling with mental health as an immigrant or child of immigrants. The film analyzes the guilt of talking about mental health struggles when trying to be grateful for the better life your family fought for and explores a variety of coping mechanisms. ([view/download](#))



### Half-Rinsed

La Quinta High School, Orange County  
Language: Vietnamese and English with English and Vietnamese captions  
This film explores mental health through the lens of Vietnamese culture, touching on identity, communication, and inter-generational barriers. ([view/download](#))

### Three of Me

David A. Brown Middle School,  
Riverside County

Language: Belarusian, Spanish, and English  
with English captions

"Three of Me" explores the rich family history and mental health experiences of the student filmmakers behind it. The film is a reminder that youth can make a difference within their homes and cultures when it comes to mental health. ([view/download](#))



### Generations Talking

TrueCare, San Diego County

Language: English and Spanish with English captions

This film portrays a spectrum of different cultural perspectives on mental health, showing how different generations and communities can support each other. ([view/download](#))

### Who am I to Complain

La Quinta High School, Orange County  
Language: Vietnamese and English with English captions

"Who am I to Complain" centers on the eldest daughter in a Vietnamese family who struggles with mental health due to stress and the pressures of perfectionism. Though she is initially unsupported, she doesn't lose hope and decides to get help. ([view/download](#))



### The Boy Who Cried Help

Madison Park Academy, Alameda County

Language: English with English captions  
This film aims to bring more awareness and understanding to the topic of men's mental health. ([view/download](#))

### No Estas Solo

Woodbridge High School, Orange County  
Language: Spanish and English with Spanish and English captions

This film seeks to uplift those struggling with mental health in the Latino community, showing them that there's support and hope. ([view/download](#))



*it's hard for our parents to truly understand*



*It's time to change the past. Let's talk to our parents to seek help*

### Cambiemos el Pasado

Wellness and Prevention Foundation,  
Orange County

Language: Spanish with English captions  
"Cambiemos el Pasado" tackles the burdens youth feel when pressured to live up to the expectations of immigrant parents, discusses the stress and anxiety that unachievable standards cause, and asks parents to break the cycle of generational trauma. ([view/download](#))

### God, Where Are You?

CTEC, Kern County

Language: English with English captions  
This film addresses mental health stigma and challenges in Hispanic Christian and Catholic communities. ([view/download](#))



*It helped her focus on something and feel like she had a purpose*

### Cleanse Your Mind

Hillcrest High School, Riverside County

Language: English with English captions

The youth behind "Cleanse Your Mind" wanted to put a different spin on the topic of mental health in Latino communities by focusing on both relatable personal experiences and their positive aspects.

([view/download](#))



### **Real People**

CTEC, Kern County

Language: English with English captions

“Real People” encourages queer teenagers by reminding them that their identity is nothing to be ashamed of. Thus, the film seeks to combat internalized homophobia while empowering young members of the LGBTQ+ community.

([view/download](#))



### **Aceptación de la Salud Mental**

West High School, Kern County

Language: Spanish and English with English captions

This film aims to spread the message that mental health should be embraced and discussed by all communities and cultures.

([view/download](#))

### **That Didn't Come Out Right**

Fremont Academy of Engineering and Design,  
Tri-City (Los Angeles County)

Language: English with English captions

This film tells the story of a youth who is outed to their parents by a school principal.

([view/download](#))



### **Breaking the Silence**

Weston Ranch High School,  
San Joaquin County

Language: English with English captions

The filmmakers behind “Breaking the Silence” want audiences to understand that appreciating different cultural perspectives and diverse viewpoints is enriching and can foster empathy and inclusivity.

([view/download](#))



### **Wait, What?**

Rio Americano High School,  
Sacramento County

Language: English

“Wait, What?” explores the identity crisis that often impacts teens of mixed ethnicity. The filmmaker hopes to shed light on multi-racial experiences and perspectives.

([view/download](#))



### **It's Okay**

CTEC, Kern County

Language: Punjabi with English captions

This film showcases the cultural problems that many in Punjabi and South Asian communities face. ([view/download](#))

### **Directing Change Documentary: A Look in the Mental Health of the LGBTQ+ Community**

Language: English with English captions

Pleasant Grove High School,  
Sacramento County

This documentary-style film includes interviews from numerous students in order to provide an authentic glimpse into the mental health challenges faced by the LGBTQ+ community.

([view/download](#))

real members of the  
LGBTQ+ community,  
not just a statistic.

2023



### **Estamos Juntos**

SafeSpace, San Mateo County

Language: Spanish with English captions

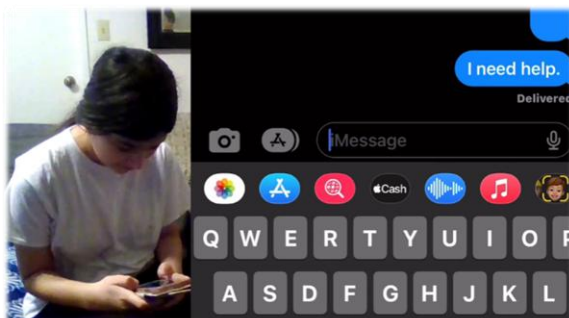
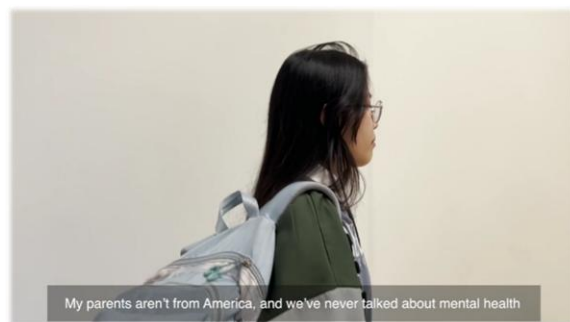
Two friends support each other in finding the confidence to speak about mental health with their parents. ([view/download](#))

### **Expectations of Immigrant Children**

Elk Grove High School, Sacramento County

Language: English with English captions

This film explores the pressures that children of immigrants often face, as well as the impacts of those expectations on mental health. ([view/download](#))



### **Doctor, Engineer, Lawyer, or Failure**

Landmark Middle School, Riverside County

Language: English the English captions

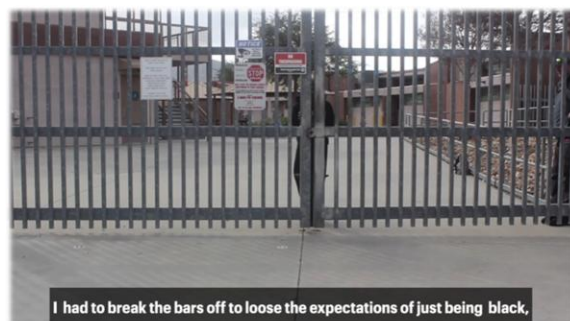
A youth discusses the experience of growing up in a South Asian home, the way cultural pressure can lead to burnout, and the resources available for those who are struggling. ([view/download](#))

### **I Need Help Getting Help**

Murrietta Valley High School, Riverside County

Language: English with English captions

This powerful film is told from the perspective of a Black girl struggling with suicidal thoughts and not feeling like she belongs. In the end, she embraces her full self and realizes there is hope. ([view/download](#))





### **I See You**

La Quinta High School, Orange County  
Language: Vietnamese and English with English captions

This artistic film focuses on a Vietnamese-American boy who doesn't feel seen by his family. A friend provides support and encourages him to reach out for help.

([view/download](#))

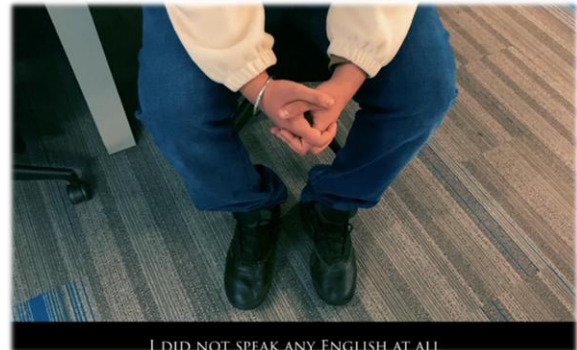
### **In Our Shoes**

CTEC, Kern County

Language: English, Punjabi, Spanish, and Korean with English captions

In this personal film, numerous students from a range of cultures express some of the challenges they've faced in school, reminding viewers to be welcoming of those from different backgrounds.

([view/download](#))



### **It'll Be Okay**

Franklin High School, Sacramento County  
Language: English with English captions

A youth describes the way her family's Indian heritage has an impact on her mental health and encourages Indian teens to support one another through tough times. ([view/download](#))

### **Macho**

Highland Park High School, Los Angeles County

Language: Spanish and English with English captions

This film's challenges and points out the harmful effects of toxic masculinity and shares the importance of reaching out for help.

([view/download](#))







### **Mentally Changed**

Lincoln High School, San Diego County

Language: English with English captions

Students contemplate Black culture and the way it intersects with mental health. They also emphasize that people from all cultures should seek help if they need it.

([view/download](#))

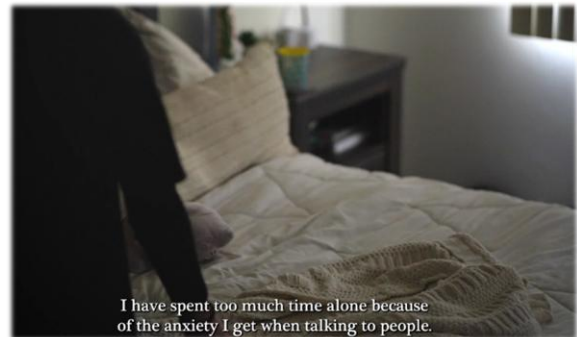
### **Siempre es Suficiente**

Upland High School, San Bernardino County

Language: Spanish with English captions

A young girl struggles with anxiety and loneliness due to the language barrier between her and other youth. She finds hope when she realizes she can reach out for support.

([view/download](#))



### **Silenced**

Riverside Ramona High School,

Riverside County

Language: English with English captions

This film focuses on the LGBTQ+ community and the challenges some of its members face.

“We want people to know that although not everyone will accept you, there are other people who will – you are not a problem.”

([view/download](#))

### **El Bienestar de Todos (The Wellbeing of All)**

Mt. Pleasant High School, Santa Clara County

Language: Spanish with English captions

This film reminds viewers that culture can impact the way a person understands mental health and features perspectives from two generations of Latinx individuals.

([view/download](#))



2022



### **El Secreto**

Murrieta Valley High School, Riverside County

Language: Spanish with English captions

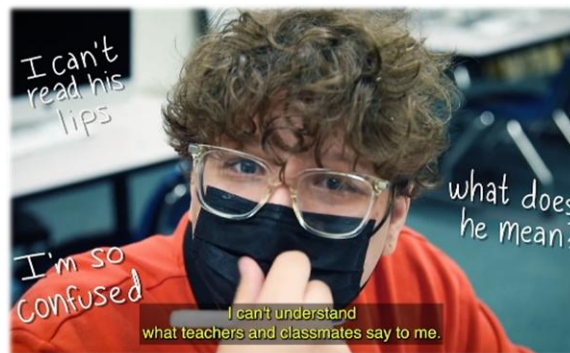
In this film, a youth talks about the challenges of balancing two different cultures and how to be a mental health advocate. ([view/download](#))

### **Solitude**

Polytechnic High School, Riverside County

Language: English and ASL with English captions

This film is about how the Deaf and Hard of Hearing community faced unique challenges during the COVID-19 pandemic and how to get mental health support. ([view/download](#))



### **Through Our Cultures' Eyes**

Notre Dame High School, Monterey County

Language: Tagalog, Spanish, and English with English captions

In this film, two youth share their perspective on mental health challenges in their Latino and Filipino cultures. ([view/download](#))

2021



### **Arab Hearts: Mental Health PSA**

Granada Hills Charter High School,  
Los Angeles County

Language: English with English captions

An Arab youth encourages others in his culture to reach out for help and lets others know they are not alone. ([view/download](#))

### **Bridge the Generations**

Irvington High School, Alameda County

Language: Mandarin and Vietnamese with English captions

This film focuses on starting conversations around mental health and building the bridges between generations. ([view/download](#))



### **Discovering May**

Portola High School, Orange County

Language: English with English captions

This film tells the story of a trans youth's and her path to finding her identity while facing mental health struggles. ([view/download](#))

### **Transposed**

Ramona High School, Riverside County

Language: English with English captions

This film is about a trans youth's experience with bullying, self-harm, and receiving support from loved ones. The film encourages viewers to think carefully about how their words and actions affect others.

([view/download](#))







### **When I Was Your Age**

Portola High School, Orange County

Language: Chinese and Hindi with English captions

This film explores the generational and cultural differences in how families perceive mental health. ([view/download](#))

2020

### **Los Hombres No Lloran**

Healthy RC Youth Leader,  
San Bernardino County

Language: Spanish with English captions

A boy in a boxing match speaks about the struggles of being a man in the Latin culture and realizes it's OK to take be brave and show vulnerability. ([view/download](#))



Take the  
first step encourage hope

take the first step to break the silence between

### **I Love My Culture**

Butte County, Pleasant Valley High School

Language: English with English captions

In this film, a boy shares the positive aspects of his culture, as well as the pressures of keeping emotions hidden and not asking for help. ([view/download](#))

### **Our Words / Nuestras Palabras**

Hilda Solis Learning Academy,  
Los Angeles County

Language: Spanish with English captions

This film relays the message that we all have our own struggles and that taking care of our mental health should be a priority. ([view/download](#))





### **We Don't Do That**

Vanden High School, Solano County

Language: English with English captions

This film addresses the challenges African Americans face with cultural expectations and not expressing mental health struggles.

([view/download](#); [student testimonial](#))

### **You are You**

Franklin High School, Sacramento County

Language: Numerous Asian languages with English captions

Students from different Asian cultures speak to the stigma and pressure surrounding mental health and encourage viewers to reach out for help. ([view/download](#))



## **2019**



### **We Are**

Sacramento Native American Health Center, Sacramento County

Languages: English and Native American language with English captions

This film celebrates the strength and traditions of Native communities and encourages help-seeking. ([view/download](#))

2018

### Time to Speak Up

Clovis East High School, Fresno County

Language: Hmong with English captions

In this film, a girl reflects on cultural expectations and how friends reached out to her. The film also provides resources to the viewer. ([view/download](#))



2017



### Bag of Sadness

Sacramento County, Franklin High School

Language: Mandarin with English captions

A young person shares her experience with depression and how a friend showed her support and understanding, helping her to unburden herself.

([view/download](#))

### Celebrate

HCTAYC, Humboldt County

Language: English with English captions

This film is about the power of reaching out to support LGBTQ+ youth. ([view/download](#))







### Reading the Signs

El Molino High School, Sonoma County

Language: ASL with English captions

A student discusses his personal experience with depression and thoughts of suicide and how his friends encouraged him to get help.

([view/download](#))

### The Words that Pull Me Down

Torrey Pines High School, San Diego County

Language: Arabic with English captions

A student expresses her feelings of isolation and discusses how she learned to accept her differences and came to realize she is not alone. ([view/download](#))



2016



### My Friend Tyler

Whitney High School, Placer County

Language: Spanish with English captions

This film that tells the story of a girl who notices signs of suicide in her friend and reaches out to support him and connect him with help. ([view/download](#))

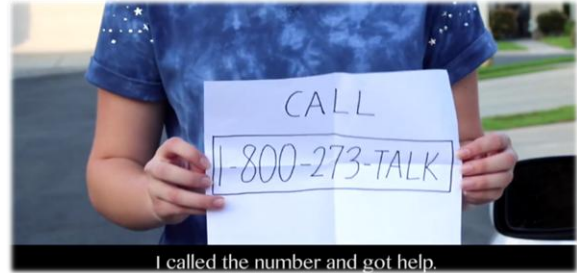
### 隠された思い (My Hidden Feelings)

Canyon High School, Orange County

Language: Japanese with English captions

This film tells the story of a girl who experiences anxiety and hopelessness but finds support when a friend reaches out.

([view/download](#))



I called the number and got help.



Who am? I what is my purpose?

### La Superación de Problemas

Northview High School, Los Angeles County

Language: Spanish with English captions

This film tells the story of a boy with suicidal thoughts and his hopeful journey to find help.

([view/download](#))

### Suicide on Indian Country

Transition Age Youth Collaboration,  
Humboldt County

Language: English with English captions

Native youth discuss how their culture, language, family, and ceremony can heal and restore their people to help prevent suicide.

([view/download](#))



culture, language, family, ceremony