



YOUTH CREATING CHANGE

Directing Change
Program & Film Contest



Selection of Directing Change Substance Use PSAs

(60-second films; updated April 2026)

Tag us when sharing films!

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To find substance use lesson plans,
visit the [Youth Creating Change Learning Lab](#)

2026 Films



Devil's Advocate

Johansen High School/Viking Production
Network, Stanislaus County

This film shows how feelings of loneliness and isolation can lead to substance use and reminds struggling youth how important it is to find support. ([view/download](#))

A Light in the Dark

Los Alamitos High School, Orange County
A youth quietly struggling with substance use and isolation realizes that he can break this negative cycle by connecting with others and opening up about what he's going through. ([view/download](#))





Not Worth It

Rancho San Juan High School,
Monterey County

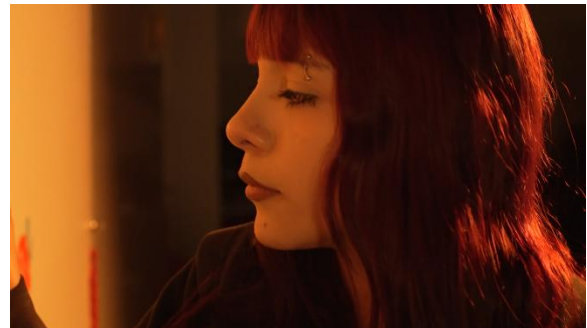
This intimate film shares the story of a young man who felt pressured to use substances in to be accepted by others.

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

Finding Freedom

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

Centered on a youth navigating substance use issues, this film reminds viewers that their mental health requires care and that healing is possible. [\(view/download\)](#)



Control

Pleasant Valley High School, Butte County
“Control” addresses peer pressure around substance use, reminding youth that they are not alone on their journey and can stick to a healthier path. [\(view/download\)](#)

Black Out

Santa Monica High School,
Los Angeles County

A youth who feels lost in her battle with alcohol realizes the potential dangers of substance use, deciding it isn't worth risking harm to herself those she cares about.

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





Strength in Coping

Franklin High School, Sacramento County
This film highlights healthy coping strategies that can make it easier for youth to manage their mental health and avoid the harms of substance use.

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

Seconds to Respond

SAY SD, San Diego County

“Seconds to Respond” depicts an overdose and potential dangers around substance use, models how to take action in an emergency, and encourages youth to carry naloxone.

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



Yes, I have naloxone.



The Button

North Salinas High School, Monterey County
This film shows how both peer pressure and personal challenges can lead to substance use, all the while reminding youth that, no matter how dark things may seem, there is always hope.

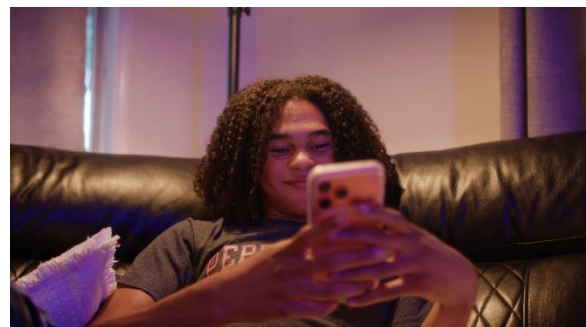
[\(view/download\)](#)

Almost

Buena Park High School, Orange County

Highlighting the power of personal choice, “Almost” reminds youth to prioritize their health and their future when making decisions about how to socialize and spend their time.

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





One Step at a Time

Johansen High School/Viking Production Network, Stanislaus County

This film explores how substance use can impact someone's life and shows the emotional toll that it can take, all the while sharing the important message that recovery is always an option. ([view/download](#))

Will This Fix It?

North County Recreation & Park District, Monterey County

In "Will This Fix It?" a youth reminds herself of the risks associated with substance use, encouraging those faced with peer pressure to prioritize their wellbeing over conformity. ([view/download](#))



Beyond the High

Sierra Vista High School, Los Angeles County

This film emphasizes the power of doing things you enjoy, staying connected with loved ones, and choosing healthy behaviors when coping with difficult emotions or mental health challenges. ([view/download](#))

Good Enough

Valley Academy, Imperial County

"Good Enough" demystifies some of the reasons youth feel the need to try substances and spreads the message that they can always ask for help. ([view/download](#))





Finding Your Reason

SAY SD, San Diego County

In “Finding Your Reason,” a variety of youth share their reasons for avoiding substance use, setting a positive example for their peers.

([view/download](#))

Going Under

Sierra Vista High School, Los Angeles County

In this film, a girl struggling with drug use finally seeks out support with the help of a friend.

([view/download](#))



T.O.T. – Takes One Talk

Alisal High School, Monterey County

This film shows the ways mental health issues, family problems, and substance use can all be interconnected, encouraging open conversations and the reduction of stigma.

([view/download](#))

Break the Cycle

Valley Academy, Imperial County

“Break the Cycle” spreads awareness of some potential consequences of substance use, encourages healthy choices, and reminds youth that they can always find support if they need it. ([view/download](#))



2020-2025 Films



The Choice

El Camino Real Charter High School,
Los Angeles County

In this film, a young man struggling with his mental health makes the powerful decision to open up and seek help.

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

Numb

Tennyson High School, Alameda County

This film unpacks some of the factors that can contribute to substance use, as well as the impact it can have on youth mental health.

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



Good Medicine

Fresno American Indian Health Project,
Fresno County

This film centers on the Native community, addressing alcohol use, stigma, and the power of cultural healing practices.

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

It's Up to Us

David A. Brown Middle School,
Riverside County

This PSA informs viewers about the risks of abusing opioids, encouraging youth to look after their friends and know the facts about the crisis.

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

