

# 2022 Student Safety Video Contest

## Rules and guidelines

### My mental health matters

#### Contest theme

It's easy to see how physical injuries take their toll. But your mental health is just as important. What can affect your mental health at work and what do you need to stay resilient?

The 2022 theme, “My mental health matters”, challenges students in grades 8 to 12 to create an original video that’s relatable to youth and can be shared on social media.

Think about what you need to support your mental health in the workplace. What are your strategies for staying well? How can your employer support you if you're struggling at work?

#### Eligibility

The WorkSafeBC video contest is open to B.C. youth, grades 8 to 12, either in school or represented by a youth-oriented not-for-profit organization. Contest entries must be submitted with an entry form signed by a teacher or youth organization sponsor (over the age of 18). WorkSafeBC employees or employees of other workers’ compensation boards, provincial and federal ministries, and departments of labour and their immediate family members are not eligible.

In creating a video, youth must follow all communicable disease and health protocols as determined by the Provincial Health Officer.

One winning video from the WorkSafeBC contest will win additional prize money from the Canadian Centre for Occupational Health and Safety and be entered into the national Focus on Safety Youth Video Contest. Details of the national contest are available at [Focus on Safety Youth Video Contest](#).

#### Purpose of the contest

This year marks the 17th year of the Student Safety Video Contest. Productions and materials that are “for youth by youth” are very effective in influencing and educating young people. This type of peer-to-peer learning encourages wider acceptance from youth on important issues and concerns that WorkSafeBC is addressing. The purpose of this year’s contest is to raise awareness of the importance of mental health and how it contributes to a safe and healthy workplace.

#### How the videos will be used

Qualifying video entries will be posted on [worksafebc.com](https://worksafebc.com), where viewers can watch and rate them. Winning videos will be available for download and use by teachers, parents, and employers to educate, train, and orient young workers.

## Deadline

All entries must be sent to WorkSafeBC no later than 5 p.m. on Tuesday, March 29, 2022.

## Format

We welcome all styles of original student productions including video clips, animations, stop-motion videos, music videos, or mashups. To create a mashup, you can use any WorkSafeBC video and combine it with your original audio or original video footage. To download WorkSafeBC videos, visit [worksafebc.com](https://worksafebc.com). Please note: Only videos featuring live-action production will be considered for the bonus prize of the **Actsafes Aspiring Filmmaker Award**. More details on this prize are available at [actsafe.ca](https://actsafe.ca).

Each entry should be a **maximum of two minutes in length**. Videos that exceed two minutes in length will be disqualified.

If you are submitting multiple entries for this contest, each entry will require a separate entry form and a separate YouTube post.

WorkSafeBC reserves the right to refuse, edit, or remove videos that contain any of the following:

- Racist, hateful, sexist, homophobic, slanderous, insulting, or life-threatening content
- Serious, unproven, unsupported, or inaccurate accusations against individuals or organizations
- Abusive, aggressive, coarse, explicit, vulgar, violent, obscene, or pornographic content
- Content that encourages or suggests illegal activity
- Announcements, solicitations, advertisements, or endorsements of any organizations or agencies
- Attempts to defame or defraud any individual, group, or agency

## Judging

We are looking for innovative, creative, and original submissions. Your video message should target your peers and other young workers. In general, entries should provide a youth's perspective on workplace health and safety, and should promote the importance of open communication about these issues. Entries will be judged on the impact of their safety message, original creative concept, and technical execution. Videos will be posted on [worksafebc.com](https://worksafebc.com) once they are received and reviewed to make sure they meet the entry criteria, and judging will begin after the entry deadline.

## Prizes

There are four main prizes, each totaling \$2,500. Each prize will be divided as follows: \$1,500 awarded to the participating secondary school or youth organization, and \$1,000 to the participating student/student team.

Prizes will be awarded in two categories:

- Grades 8 to 10 category (the top two winners will each receive a prize)
- Grades 11 to 12 category (the top two winners will each receive a prize)

At the discretion of WorkSafeBC, one video will also receive an additional \$2,000 from the Canadian Centre for Occupational Health and Safety (\$1,000 to the winning youth and \$1,000 to their school/organization), and be entered into the national Focus on Safety Youth Video Contest for high school students.

## Bonus prize!

Actsafes Safety Association, representing health and safety for B.C.'s arts and entertainment industry, is presenting the Actsafes Aspiring Filmmaker Award. The winning filmmaker(s) of a live-action production will receive:

- Two passes to the 2023 Actsafes Entertainment Safety Conference
- A behind-the-scenes tour of a local motion picture and television production
- A screening of their video at a 2022 Director's Guild of Canada event, with an opportunity to network with other industry professionals
- A crystal trophy to recognize their accomplishment

For complete details on the Actsafes award, visit [actsafe.ca](https://actsafe.ca).

## Winners list

The complete list of winners, along with video clips of winning submissions, will be posted on [worksafebc.com](https://worksafebc.com) in April, 2022.

## Health and safety considerations

You must address all safety issues by maintaining your own personal safety and consulting with your supervising teacher or youth organization sponsor before starting production. Do not endanger anyone during the production of your video. Be sure to follow all communicable disease and health protocols as outlined by the [Provincial Health Officer](#). As some tasks portrayed in your video may involve significant risks, you must follow all safety rules. If you are shooting your video in a real workplace, seek permission first, take all appropriate health and safety precautions, and follow all applicable health and safety rules and regulations.

To learn more about ensuring safety during video production, contact Actsafes Safety Association at 604.733.4682 or visit their website: [actsafe.ca](https://actsafe.ca). If you have questions about video equipment, contest sponsor London Drugs has a large audiovisual department and may be able to answer technical questions. Visit one of their stores or go to [londondrugs.com](https://londondrugs.com).

## General conditions

All footage, including music, must be originally created material or you must obtain proper, legal permission to use someone else's copyrighted material. The only exception is the use of WorkSafeBC videos; you do not need permission from WorkSafeBC to use them.

Entries that are incomplete, late, lost, damaged, or cannot be viewed due to a technical error are ineligible. All entries become the property of WorkSafeBC. Entrants grant WorkSafeBC the right to use their names, photographs, and video submissions for advertising, publicity, and promotional purposes. By entering this contest, entrants agree to abide by these contest rules and regulations.

## To enter

Complete the PDF entry form. Post your video entry on YouTube, and include a link to your video in the entry form. Don't forget to fill in all the relevant fields on the PDF. When complete, ask your teacher or youth organization sponsor to email your entry form to us at [yworker@worksafebc.com](mailto:yworker@worksafebc.com).

**Entry forms must be emailed by the sponsor.**

If you haven't posted a video to YouTube before, you'll need to create an account first. For more information on posting a video to YouTube, check out [How to upload a video to YouTube](#).

## Submission information

All entries must be sent to WorkSafeBC no later than **5 p.m. on Tuesday, March 29, 2022**. All entries must be submitted by the teacher or youth organization sponsor via email, and each entry must include an official contest entry form.

## Tips and hints

- Try to come up with a catchy title to help reinforce your video; think of a great way to sum it up. For example: "Stay safe and stay in the game."
- A script is essential and you may go through several revisions before you start filming. The script will help you identify the narrative. What is your story? What are you trying to depict in each scene? Think about each scene, the positions of characters and props, angles, lighting, and staging. Is the message clear?
- Include plenty of time to review your video, and to show your friends, teachers, and family. Ask them what they think the message of the video is, whether they find it engaging and interesting, and if it makes them sit up and take notice. What is their immediate reaction after seeing it? And most importantly, would it make them think about why health and safety at work is important? Make sure the pacing is not too quick. Explore each scene and make sure you feel confident it contributes to the video's purpose. Review the sound quality.
- You can also post your video on Instagram to share with your friends and family. Don't forget to follow @WorkSafeBC and use the hashtag #SVCWorkSafeBC.
- Most importantly, have fun while creating your video!

## Rate your faves

Entries accepted by WorkSafeBC will be posted on the **video rating page**. Visit the page regularly to see new videos as they are posted. Don't forget to rate your favourites and tell your family and friends to rate theirs!

## Questions?

Email [yworker@worksafebc.com](mailto:yworker@worksafebc.com)

## Sponsors

