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Thousands of Australian teenagers creating messages of hope and connection in a time of crisis

In 2020, Australians have faced many challenges: bushfires, massive increases in mental health problems and domestic violence, and the consequences of the COVID-19 pandemic.

Thousands of high school students across the country have taken the responsibility to make a difference by participating in Videos for Change. Videos for Change is a national competition and a global platform that empowers young people to make one-minute videos that raise awareness and inspire action.

This year's competition asked students "What does 'community' mean in a crisis?". Their authentic and moving videos have been viewed worldwide. They are part of a global community of young people speaking up and contributing their voices through this program.

Videos for Change is created by High Resolves, an award-winning educational program that helps build a sense of human responsibility in young people.

The winners of the 2020 Australian competition have just been announced. They are outstanding examples of the contribution that young people can make to our communities. These videos are an authentic youth perspective on body image and social media, domestic violence, and mental health for the elderly.

Junior High winner: I Wish I Was Like Her

Created by a year 9 student from Dubbo College, Delroy Campus, NSW
<http://bit.ly/IWishIWasLikeHerVideosForChange>

Senior High winner: Eggshells

Created by a year 12 student from Mount St Joseph, Milperra, NSW
<http://bit.ly/EggshellsVideosForChange>

People's Choice Award Winner: Mental Health in Aged Care Homes

Created by three students in year 8 from Mount Gravatt State High School, QLD
<http://bit.ly/MentalHealthAgedCareVideosForChange>

Students who have been involved with Videos for Change feel empowered by the experience. Summer, who was part of the People's Choice Award winning team from Mount Gravatt High School said, "...not only was it a fun experience, but we were really grateful because we had actually made a difference, and it made us feel good that we had done something for our community."

Videos for Change Founder Roya Baghai said, "These one-minute videos build empathy and touch your heart. They address universal issues and give us a sense of hope and connection at a time when it's never been more important."

To watch the winning and finalist videos or find out how you can get involved, visit australia.videosforchange.org

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