

ART WITH INFLUENCE

14TH Annual ITC Video and 2D Art PSA Contest

**Students can POSITIVELY influence each other to be resilient
and better navigate the pressures inherent in being a teen during challenging times.**

Influence the Choice is sponsoring our 14th Annual Video and Art Contest to inspire youth to POSITIVELY influence each other to not use alcohol or other drugs by producing a 2-minute public service announcement or a piece of 2D art:

Contest Categories

For VIDEO submissions:

Select one of the following prompts for your video. The maximum length is 2 minutes, but videos can be created in different formats, including those appropriate for short-length social media posts. Winning videos will be shared across multiple platforms and on local government cable channels.

1. “My Choice to be healthy - What inspires me to make positive choices and not use alcohol or other drugs.”

So much of life is out of our control, but the choice to avoid drugs and alcohol can have lasting impacts on your future. What inspires and motivates you to make positive choices in your life? Alternatively, how might your life look if you had made different choices?

**2. a) To My Younger Self - Telling my middle school self how to stay Drug-Free
(For HIGH SCHOOL Students Only)**

High School students are in key positions to help younger students that look up to them by influencing the choices they make. Sometimes younger students have misperceptions about what high schoolers do - especially around using drugs and alcohol. Send a message to ‘your younger self’ about why it is important to be drug free and how that helps to be mentally well.

**b) “To My Older Self - Telling my high school self what I should do to stay Drug-Free”
(For MIDDLE SCHOOL Students Only)**

It’s exciting to look forward to your high school years. Where do you hope to see yourself in the future and what dreams do you have for yourself? How would drugs and alcohol change those plans and what do you want to tell your future self to stay healthy, happy, and drug free.

3. “Refusal Skills – How to Stay Safe in Social Settings”

It’s not always easy to know what to say when you are offered drugs or alcohol in a social situation. What are some examples of refusal skills and how can you use them to feel empowered to say “no” if you are offered drugs or alcohol.

For 2-D submissions:

In alignment with the [Science of the Positive](#), create a 2D art piece that would inspire your peers to live without the use of alcohol or other drugs. You can utilize the prompts above as guides for the message of your art piece. Winning 2D art will be shared across multiple platforms and potentially printed as posters to share in school buildings across the Issaquah School District.

When submitting your artwork, in 500 words or less, give a summary of your 2D art, referencing the data point used. What substance prevention message do you want to send with your 2D art?

Awards:

The judges will decide on the grand prize winner, the video winner, the 2D art winner, as well as runner-ups, by the end of April 2026, and Influence the Choice will be holding the **Art with Influence Gala on May 20, 2026** to announce all of the winners! The grand prize winner will win \$1000!

VIDEO Contest Rules

1. Open to any public, private or home-schooled student in 6-12th grade. You must live within the Issaquah School District boundaries.
2. **Complete the [2026 Art with Influence Entry Form](#).** Link to submission folder is in the form.
3. Create a video “commercial” no more than 2 minutes long that will be used as a public service announcement (PSA) in a variety of public and broadcast venues to positively influence others.
4. Video should contain at least one fact from any of the following resource links (*it is required that you reference which of the following source you used)
 - a. [Issaquah School District 2023 Healthy Youth Survey](#).
 - b. Substance Abuse and Mental Health Services Administration: samhsa.gov
 - c. The Montana Institute: montanainstitute.com
5. Films may be funny or serious, real or animated.
6. Students may work individually or in teams.
7. All work must be your own original creation and free of any copyrighted material, including music. No professional help is allowed.
8. Videos must be appropriate in nature and not contain any indecent content. A good guiding principle: would this be allowed to be shown in school?
 - a. No violent content
 - b. Cursing, slurs, and derogatory comments are expressly prohibited
 - c. Videos showing the actual consumption of drugs, alcohol, and use of paraphernalia will be disqualified.
9. Video submissions are due: **April 19, 2026, at 11:59PM.**
10. If you have questions about any of these, please reach out to Erica at erica@influencethechoice.org.

A panel of judges will rate videos on the following:

- Creativity, originality & design.
- Effectiveness of message.
- Use of legitimate fact(s).

ART Contest Rules

1. Open to any public, private, or home-schooled student in 6-12th grade. You must live within the Issaquah School District boundaries.
2. **Complete the [2026 Art with Influence Entry Form](#).** Link to submission folder is in the form.
 - a. A digital version (digital photo of physical art or a digital copy of digital art) is to be submitted via this form for review of appropriateness and/or copyright issues.
 - b. JPEG, PNG, and JPG are accepted file formats.
3. Create a piece of 2-D art that will be used as a public service announcement (PSA) in a variety of public and online venues to positively influence others.
4. Artwork can be hand drawn, painted, a social media campaign, digital art, photography, collage, mixed media, printmaking, fiber arts, etc. If you aren't sure if the type of artwork you want to create is allowed, please ask Erica at erica@influencethechoice.org.
5. Artwork must not exceed 18"x24".
6. **No AI generated art is allowed.**
7. Artwork should contain at least one fact from any of the following resource links (*it is required that you reference which of the following source you used)
 - a. [Issaquah School District 2023 Healthy Youth Survey](#).
 - b. Substance Abuse and Mental Health Services Administration: samhsa.gov
 - c. The Montana Institute: montanainstitute.com
8. Artwork needs to convey a clear message to the viewer.
9. All work must be your own original creation and free of any copyrighted material. No professional help is allowed.
10. Artwork must be appropriate in nature and not contain any indecent content. A good guiding principle: could this hang in the hallway at school?
 - a. No violent content
 - b. Cursing, slurs, and derogatory comments are expressly prohibited
 - c. Showing the actual consumption of drugs, alcohol, and use of paraphernalia will be disqualified.
11. Art submissions are due: **April 19, 2026, at 11:59PM.**
 - a. Drop-off of art will be on Sunday, April 19, 2026, at the Eastside Fire and Rescue Headquarters – 175 Newport Way NW, Issaquah 98027 from 1:00 pm – 5:00 pm.
12. Only one art submission per student.
13. If you have questions about any of these, please reach out to Erica at erica@influencethechoice.org.

A panel of judges will rate videos on the following:

- Creativity, originality & design.
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Resources

How to Create Public Service Announcements

- [youtube.com/t/creators_corner](https://www.youtube.com/t/creators_corner)
- [wikihow.com/Create-a-Good-Public-Service-Announcement-Film](https://www.wikihow.com/Create-a-Good-Public-Service-Announcement-Film)
- vimeo.com/2547527 Drew Keller's rule of thirds
- [Creating a Public Service Announcement \(PSA\) – Purdue Global Academic Success and Writing Resource Center and Blog \(purdueglobalwriting.center\)](#)

Music Information

- creativecommons.org/legalmusicforvideos

Questions?

Email erica@influencethechoice.org or visit www.influencethechoice.org.