

Canada's Human Rights Program  
2023 Video Contest

Instructions

1. Use your cell phone to shoot a 2-minute video (no longer please) describing your experience with Voices into Action or Choose your Voice.
2. Once you are happy with your video, save it with your name in the file name: example, John Smith video.
3. Go to our website: <http://canadashumanrightsprogram.com> to print the contest permission form (there is one form for students and one form for teachers). Complete and sign the form and have your parent or legal guardian also sign the form—this is required for the contest. Scan the form or take a clear and complete photo of the form with your phone. Save the form with your name in the file name: example, Jane Smith form.
4. Go to the same webpage: <http://canadashumanrightsprogram.com> to upload the video and the permission form. *Please note: the upload page is a Google Form and it requires that you have a (free) Gmail address to upload files.*
5. You're done! Winners will be contacted by email in August 2023. Your prize will be mailed to the address you provide at that time. Winning videos will be on our website.

Requirements For The Video

The video should feature you alone speaking clearly into the camera about the program: tell us what you learned; which subjects were the most interesting to you; how did you feel when you learned about people's experiences of racism and bigotry; or when you discovered people who helped or rescued people suffering under violence and discrimination; what do you think about Canada and its diversity; how do we respect ethnic and religious differences in Canada; why is it important for young people to learn about human rights, the Holocaust, genocide, residential schools, and the dangers of racism, hatred, and bigotry of all kinds? What about stereotypes, how do they affect people, and how can we learn to respect people as individuals? Do you think the program you used with your teacher in class helped change any minds or make students more sensitive and aware of other people's feelings and experiences? Did it make you think twice about how you treat your classmates or people who might be different than you?

You can discuss these subjects in front of the camera on your own or have someone ask you these questions (and others you write yourself) off camera and you answer them on camera. The camera should be focused on you alone and it should be a head and shoulders shot of you speaking to the camera. Parents, guardians, or older siblings are welcome to assist.

*Please note: The videos should be in English.*

**Note to Teachers:** please adapt these questions to your role in the classroom and to how you feel your students reacted to the subject matter and its impact on them.

### What Should **Not** Be Included

The video should **not** include: any titles or animation, music, or distracting noises. The sound should be clear and of good quality. The lighting in the video should also be of good quality—no dark videos please 😊.

### Privacy

All video submissions are the property of Canada's Human Rights Program/CISA and may be used in future promotional videos for Voices into Action and Choose your Voice. Videos will be used anonymously; students (and teachers) will not be identified by name in any of the videos we use. We may use titles that list the grade level and province.