

Video Contest



Use your words to combat hate! Submit a 30 second video for a chance to win a scholarship. Open to all San Diego middle schoolers grades 6-8 and high schoolers grades 9-12.



Deadline: October 30, 2023

Video links will be submitted via Google forms:

Middle School:

<https://forms.gle/LdZ1cMBZ2YYAygGT7>

High School:

<https://forms.gle/oxSz2foaQwnxi3Ex5>

SEE FAQs FOR INFORMATION ABOUT PRIZES AND MORE. ALL WINNERS WILL BE HONORED AT A CEREMONY AT THE U.S. ATTORNEY'S OFFICE.

PROMPTS

Answer 1

1. Choose one of the six methods to be an ally and explain it. Share a personal experience to demonstrate why this approach to supporting others is meaningful to you.
2. Reflect on a time when you felt excluded because of your race, gender, religion, disability, sexual orientation or ethnicity. How did this experience shape how you treat other people?
3. Based on the "6 Ways to be an Ally" guide, how do you define being an ally to others? Can you share a personal experience where you were either the victim, bystander, or aggressor that has influenced your current perception of being an ally?

****6 Ways to be an Ally guide can be found below**



EARL B. GILLIAM

BAR FOUNDATION

Teachers, please contact Shastity Urias at shastity.urias@usdoj.gov or (619)546-9399 if your class would like a presentation on the topic of the contest & we would be happy to provide one.

Video Contest FAQs

GRADES 6-12

1. What is United Against Hate Week?

United Against Hate Week (UAH) is a call for local civic action to stop hate and implicit biases that are a dangerous threat to the safety and civility of our neighborhoods, towns and cities. The UAH campaign started in 2017 as a poster campaign by Bay Area Cities in response to the increase of hate crimes, this initiative has now spread over 200+ communities. The San Diego UAH campaign scheduled from **November 12-18, 2023** will empower local residents, law enforcement, NGO's and communities to stand against racism, bullying and alter the course of growing intolerance. Some of the events will include video/poster contest, anti-bias trainings and other activities designed to unite communities. When cities and residents work together against hate, we can restore respect, embrace the strength of diversity and build inclusive and equitable communities for all.

2. Am I eligible to participate in the United Against Hate Week video contest?

All San Diego County and Imperial County high school students grades 6-12 are eligible to participate in the United Against Hate Week video contest. Grades 6-8 will be judged in their own category, and grades 9-12 will be judged together in another. We ask that students submit **individual submissions only**, no group videos.

3. When is the video due?

The video is due October 30, 2023 at 11:59 PM.

4. How do I submit my video once it is finished?

The video is due on **October 30, 2023**. Each student must submit their video link to the corresponding google form. Please use the links provided below. Make sure your video title includes your name.

Middle school submission link: <https://forms.gle/LdZ1cMBZ2YYAygGT7>

High school submission link: <https://forms.gle/oxSz2foaQwnxi3Ex5>

5. How long should my video be?

Video should be no more than **30 seconds**. No need for special equipment or editing skills. The video can be done with a phone, tablet or computer. If using YouTube, make sure you saved the video as an **unlisted** video. Instructions on how to use YouTube are provided below.

6. What should I include in my video?

Answer one of the prompts to the best of your abilities, but do not let them constrain your creativity! We welcome all types of videos. Your perspective is integral to our fight against hate—let it shine through in your video!

7. How is my video going to be judged?

If you are a 6th-8th grader, you will be judged in one category, and 9th-12th graders will be judged in another. In both categories, we will be looking for creative thinking and personal reflection. Create a video that represents YOU, your uniqueness, your style, and most importantly, your aspirations for a hate-free future.

8. When will I be notified of the results of the contest?

Winners will be notified via email by November 8, 2023. All winners will be invited to attend a ceremony at the U.S. Attorney's Office on Tuesday, November 14, 2023 during United Against Hate Week.

9. What are the prizes?

First place middle school winner will receive an Acer Chromebook spin, second place middle school winner will receive an Amazon Fire HD, and third place middle school winner will receive an Amazon gift card. First, second, and third place winners in each high school category will be awarded scholarships. All winners will be honored at a ceremony at the U.S. Attorney's Office.

10. Who can I contact if I have questions?

For additional information, please contact us at shastity.uriase@usdoj.gov or (619)546-9399.

6 WAYS TO BE AN ALLY

Here are some simple things you can do to be an ally to targets of name-calling and bullying. And remember—always think about your safety first when deciding the best way to respond.

1. Support targets, whether you know them or not.

Show compassion and encouragement to those who are the targets of bullying behavior by asking if they're okay, going with them to get help and letting them know you are there for them. Ask what else you can do and make sure they know they're not alone.

4. Inform a trusted adult.

Sometimes you may need extra help to stop the bullying. It's important to tell an adult who you trust so that this person can be an ally to you as well as the target. Telling an adult when you see someone engaged in bullying is never "tattling" or "snitching." So don't think twice—reach out to a parent, teacher, guidance counselor, coach or someone else who will get involved.

2. Don't participate.

This is a really easy way to be an ally because it doesn't require you to actually do anything, just to not do certain things—like laugh, stare or cheer for the bad behavior. By refusing to join in when name-calling and bullying occur, you are sending a message that the behavior is not funny and you are not okay with treating people that way. The next step is to speak up and try to put a stop to the hurtful behavior.

5. Get to know people instead of judging them.

Appreciate people for who they are and don't judge them based on their appearance. You may even find that they're not so different from you after all.

3. Tell aggressors to stop.

If it feels safe, tell the person behaving disrespectfully to cut it out. You can let them know you don't approve on the spot or later during a private moment. Whenever you do it, letting aggressors know how hurtful it is to be bullied may cause them to think twice before picking on someone again.

6. Be an ally online.

Bullying happens online, too, and through the use of cell phones. Looking at mean web pages and forwarding hurtful messages is just like laughing at someone or spreading rumors in person. It is just as hurtful, even if you can't see the other person's face. All the rules above are just as important to follow when texting and on social media. So online and offline—do your part to be an ally to others.

Other Resources

[Bullying and Cyberbullying Prevention Strategies and Resources](#)
[Navigating a Digital World: Tips for Youth \(En español\)](#)
[Taking A Stand: A Student's Guide to Stopping Name-Calling and Bullying](#)

© 2019 Anti-Defamation League