

CHOICES Institute

Our 4th video contest!




The theme for **CHOICES 2018** is
"It's All About ME!"

CHOICES 2018 will be Friday, April 6, 2018.

We may show videos that could include **YOU!**

We invite Self Advocates to:



	<p>Get together with a friend or two (or more!) Or by yourself and make an original 2-5 minute video on the topic of <i>"It's All About ME! CHOICES 2018"</i></p> <p>Topic will focus on: <i>"It's All About ME!"</i> (tell us how you made a choice to live the life you want. Something at home, at work or school, or in the community)* see back page for ideas....</p>
	<p>Create a video that shows/shares your story about choices you made to live the life you wanted. Make it clear so everyone understands it. It can be funny, dramatic, inspiring, or....be creative!</p> <p>You do <u>NOT</u> have to be a professional photographer....just use a camera or smart phone or whatever you have handy!</p>
	<p>The CHOICES Conference Planning Committee will select winning entries. Winners will be announced at the February 2, 2018 Self Advocacy Council 6 Area Meeting (contact SAC6 at 209-594-1476 for details). Plan on being there!</p> <p><u>Winning entries:</u> Will receive two (2) free registrations to the Conference and an Award certificate. You'll be asked to share the stage with the other winning contest participants, show your video, say a few words about it, and be a part of helping people learn how to make their OWN choices to live their life...all while having fun!</p>

Here are the Rules: (Questions??? Call CHOICES Institute at 209-473-6950)

- Submit your video on DVD or a Flash Drive (Memory Stick). Video becomes property of CHOICES Institute. *NOTE: Winning videos may be edited for time, quality, and content! **Entries are due January 16, 2018, 4:30 pm***
- Please be sure to include the names (first and last) of anyone in the video (or anyone who worked behind the scenes) and phone numbers. You'll be asked to sign a Permission Form/Consent to use the video at the Conference.
- Mail your entry to CHOICES Institute P.O. Box 691775 Stockton, CA 95269 **OR** drop off or mail to SCDD/North Valley Hills 2529 W. March Ln #105 Stockton, CA 95207



Video Ideas

The theme for the 31st CHOICES 2018 Conference is
It's All About ME!

Think about things you do at home, at work or school, and out in the community...How is your life ALL ABOUT YOU?

Here are *some* things that might help you to decide what to film for your video



Think about YOUR life-

- At home? (Do you live where you want?, Do you have a roommate that you chose? How does your home reflect who you are?)
- At work? (Do you work? Do you like your job? How did you get your job?)
- At school? (Do you stand up for yourself? Do you have friends you can trust? Do you know what you want to do after school?)
- In your community? (Do you get around on your own or with support? Do you belong to a self-advocacy group and speak up for yourself? Do you know where to go or who to talk to if you need help? Do you belong to any groups or clubs? Do you volunteer in your community?)



Choose what **YOU** want to show the CHOICES audience. Make your script, get actors (if you choose!) and record it! Record something that teaches all of us. When you hear "***It's All About ME!***" What do YOU think about? You can video record that! BE CREATIVE 😊



HAVE FUN! Remember to think about what YOU would like to learn or teach others about at CHOICES! Good Luck!

November 3, 2017