



— **ENTER NOW!** —

**We will be selecting ONE WINNER
in each of the following categories:**

- Most Impactful
- Most Creative and Original
- Best Use of Messaging
- Honorable Mention

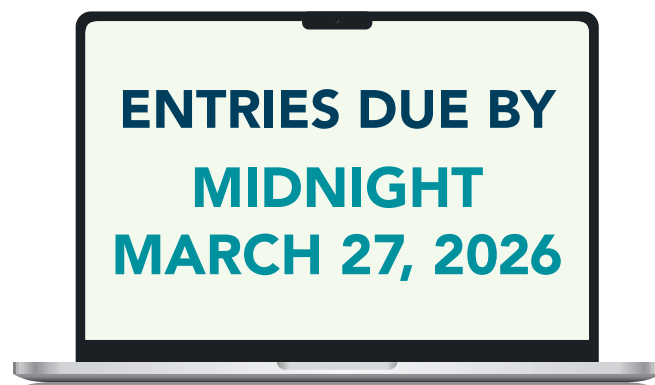
THE CHALLENGE:

Create a 60-second video that explores how social media affects mental health while offering positive, research-based solutions. Show how one uplifting post can turn negativity into kindness and make a real difference. **"Think Before You Post!"**
#PostPositive

- Videos must be between 45-60 seconds long
- Students can work in groups or individually
- Your school's PTO/PTA could win \$2,000!

QUESTIONS:

Rebecca Kelly, Director of Strategic Partnerships
Rkelly2@capitalhealth.org



**Look for the official contest rules
and entry form online at:
capitalhealth.org/healthystudents**



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The 2025–2026 "Post Positive" PSA Video Contest runs from September 15, 2025, through March 27, 2026, and is only open to students who attend the following public middle schools in these Pennsylvania and New Jersey school districts: Pennsbury; Council Rock; Neshaminy; New Hope-Solebury; Hamilton Township; Hopewell Valley Regional School District; Trenton; Ewing; Lawrence Township.