



Greetings,

Welcome to MWAH!'s Web site! The performing arts troupe MWAH! (Messages Which are Hopeful!) is seeking your help to spread its positive message of changing lives and saving lives.

The troupe, which for years has traveled to schools across Illinois and 15 other states to deliver inspirational assemblies that focused on themes of mental health, substance abuse, bullying, peer relationships, effective communication, violence prevention, and other topics, is changing its brand to appeal to tech-savvy young people. MWAH!, founded in 1983, seeks to empower young people with the knowledge, courage, and strength to deal with life's personal challenges, thereby changing and saving lives.

As an alternative to school-based performances, the troupe is seeking student-generated videos on social-emotional learning (SEL) topics relevant to teens' lives. Students, parents, teachers, and counselors will be able to access the videos online at home and at school via MWAH!'s Web site and social media accounts.

If you are a student in junior high school, middle school, or high school, MWAH! would welcome your video submission regarding one of the topics below:

- Grit
- Persistence
- Benefits of a positive attitude/how to maintain a positive attitude
- Overcoming one's fears
- Dealing with loss
- Empathy
- The thrill of victory
- Finding purpose in defeat
- Finding balance in life
- Searching for meaning in life
- Lessons you've learned in life
- Regret
- Advice for younger high school and middle school students
- Standing up to peer pressure
- Standing up for someone who was bullied
- Combating racism and prejudice
- Hopes and dreams for the future
- Efforts in successfully handling pressures related to alcohol and other drug use and abuse
- Mental-health-related issues, including depression
- Coping with situations involving parental divorce or separation
- Stress related to household economic issues, such as job loss by parents
- Other topics that students would like to address

As noted above, the videos will be posted on MWAH!'s Web site as well as on its social media channels (Facebook, Instagram, Twitter, etc.).

Videos may be submitted to mwahdigitalcontent@gmail.com. When you attach your video, please also attach a copy of the signed, dated video release form that applies to you; one form is for minors, and the other form is for those who are 18 and older. Videos will be reviewed for posting only when the necessary video release form has been submitted.

You are welcome to use video-editing features, graphics, music, etc. to make the videos come to life; the development process is up to you! We anticipate that most videos will be around 1:30 – 3 min. long, but longer and shorter videos are welcome, as well.

To view a sample video, please click this link

https://drive.google.com/file/d/1CiQTZWf_w9zgnEm4qKBDIa4WBUDfYXOH/view

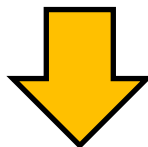
to view Morrison High School student Jade Stock's superb 2-min., 48-second reflection on the topic of loss.

Please feel welcome to reach out any time by e-mail at mwahdigitalcontent@gmail.com with questions or suggestions regarding this video project—and this opportunity to help MWAH! advance its work of changing lives and saving lives.

Sincerely,

MWAH! Video Review Team

To download the applicable MWAH! Performing Arts Troupe Media Consent Form (for Adults or Minors), please see the following page.



Click to Download Consent for **Adults**



Click to Download Consent for **Minors**

