

EDUCATOR SUBMISSION CHECKLIST



Are you an Educator Looking to Promote the Challenge in Your Classroom?

The *Connected, Not Controlled Challenge* is a Public Service Announcement (PSA) video contest for students in grades 6 to 12 in Windsor-Essex County. This initiative encourages students to use their voices to raise awareness about the impacts of technology use on their health and daily lives.

Incorporating this challenge into your curriculum is an excellent way to engage students in meaningful discussions about technology's role and its effects on their well-being.

Submission Period: Videos can be submitted from March 2nd to March 31st, 2026.

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Ensure that student video submissions meet the following criteria:

CHECKLIST OF REQUIREMENTS

- Title:** Videos must have a unique title, that is **NOT** "Connected, Not Controlled" or "PSA Video"
- Fact:** Includes at least one **Connected, Not Controlled Fact**.
- Call to Action:** Includes one **Call to Action** from the list provided.
- Length:** Is 30 seconds or less in length.
- Copyright Material:** Ensure that no copyrighted material is used in the video (music, pictures, video games, etc.).
- Group Size:** Videos should feature 4 members or less and only show those members.
- Permission Forms:** All members' permission forms must be completed and submitted.
- Content Appropriateness:** The video does not include anything inappropriate, disrespectful, dangerous, or illegal, such as drugs, bad language, or harmful items.
- Video Quality:** Ensure the picture and audio are clear, voices can be heard over music, and viewers can read any text that appears in the video.
- Email Communication:** Remind students to check the email they used when submitting their videos. We will contact students if edits are needed for their videos to qualify for the Challenge.

ADDITIONAL RESOURCE:

For any questions or concerns:

- Refer to the [Connected, Not Controlled FAQs](#).
- Reach out to your school nurse
- Email cnc@wechu.org
- Call the WECHU Comprehensive Health Promotion Helpline at 519-258-2146, ext. 1555.

Thank you for your support in guiding students to create impactful videos. We look forward to their video submissions!