

# VIDEO SUBMISSION CHECKLIST



## IS YOUR VIDEO READY FOR SUBMISSION?

**REVIEW THE CHECKLIST TO MAKE SURE YOU HAVE EVERYTHING YOU NEED BEFORE YOU SUBMIT.**

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I have read the Break the Vape Challenge Contest Rules

### MY VIDEO:

- Is 30 seconds or less in length.
- Includes one **Break the Vape Fact**.
- Includes one **Call to Action** from the list provided.
- Has clear audio/it is easy to hear.
- Recorded horizontally in high resolution.
- Does not** include false facts, for example: “vaping will kill you” or “vaping kills”.
- Does not** include copyrighted material (music, pictures, movies, books, etc.)
  - Music is created by me (or my group) or is royalty free music.  
*(Note: you will need to provide the source when submitting your video.)*
- Does not** include any branded material (clothing, store signs, vape products)
  - Clothing worn in the video by me and my group does not have logos, sports team affiliations etc.
- Only** shows the members part of my group and no-one else (does not include a sibling, parent, teacher, other members of your school, photos of people taken from the internet, etc.)
- Does not** show any actual vapes or pictures of vapes, or use the brand names for vapes in my video.
- Does not** include inappropriate, disrespectful, dangerous, or illegal content.
- If I've used subtitles in my video, they are accurate and match the spoken words.

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## PERMISSION AND SUBMISSION:

- Only **one** member of my group will submit our video.
- If submitting a video in French, an English transcript is attached to my submission.
- My video has a unique name that all of my team member's have used in their Permission forms.
- My parent/guardian has completed my Permission Form.
  - Students who are 18 or older can complete the Permission Form online
- All of my teammate's parents/guardians have completed their Permission forms, in **one** of the three ways: attached to video submission form, completed the permission form online, or upload a copy of the completed form to the online permission form.