



Escape the Vape Video Challenge

Ready to submit your video to the Escape the Vape video challenge? Use the checklist below to make sure you have everything you need.

Video Requirements

- My video is 30 seconds in length or less.
- The music in my video is created by me (or my teammates) or is royalty free music. (Note: you will need to provide the source when submitting your video.)
- My video has a Call to Action.
- My video does not say “vaping causes cancer, seizures, infertility, addiction” “vaping will kill you” or “vaping kills” etc.
- My video only shows the members of my group and no-one else (cannot include a sibling, parent, teacher, other members of your school, photos of people taken from the internet, etc.)
- My video does not use an image of a “black lung” or “popcorn lung.”
- You can hear the audio clearly in my video.
- The clothing that me and my teammates wear in the video does not have logos, insignia, sports team affiliations etc.
- My video states at least one fact.
- My video does not show any actual vapes or pictures of vapes. I do not use the brand names for vapes in my video.

Permission and Submission

- My guardian has completed my Contest Permission Form.
All of my teammate’s guardians have completed their Contest Permission forms. Only one member of my team will submit the video.
- My video has a unique name that all of my team member’s have used in their Contest Permission form.
- If I’ve used subtitles in my video, they are accurate and match the spoken words.

Have any additional questions? Reach out to us at mnescapethevape@gmail.com