



## 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 (see **Causation PDF**)
- 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 from this fact sheet (PDF)
- My video does not show any actual vapes or pictures of vapes. I do not use the brand names for vapes in my video.
- If my video uses music, it's originally created and produced by me or from the Escape the Vape music list.

### 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](mailto:mnescapethevape@gmail.com)