



TVA CATEGORY DETAILS

This year's **TEEN VIDEO AWARDS CONTEST** is divided into four categories: addiction prevention, healthy living, mental health, and teen safety.

Stumped for video ideas? Here are some general health topics within each category. Please note that your video is not limited to the topics listed here.

ADDICTION PREVENTION

- Drug use and abuse
 - Meth
 - Prescription drugs
- Underage drinking
- Tobacco use

HEALTHY LIVING

- Nutrition
 - Proper eating
 - Avoiding sugary drinks
- Exercise/fitness
- Recycling/sustainable practices

MENTAL HEALTH

- Depression
- Suicide
- Body image
 - Eating disorders
- Discrimination
- Anger management
- Stress

TEEN SAFETY

- Abuse
 - Domestic
 - Sexual
- Teen sexuality
 - Pregnancy
 - STDs
- Bullying
- Internet use
 - Cyber stalking
 - Cyber bullying
- Cell phone use
 - Texting and driving
- Safe driving
- Bicycle safety
- Identity protection

HMSA



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