

TEEN VIDEOFEST 2020

Need Ideas?

Can't think of where to begin? Having trouble deciding which topic(s) to choose? You've come to the right place. Here's a list of questions and resources to help you get started, **but** there are plenty of other questions and resources to consider than the ones listed here.

Tip: Don't forget to talk about teen statistics and solutions to your chosen topic(s)!

HUMAN TRAFFICKING

- What are the types of human trafficking?
- What are the ways that a teenager is recruited into human trafficking?
- Is being taken the only way to being placed into human trafficking?
- How many youth (boys and/or girls) are trafficked a year?
- What does a human trafficker look like?
- Is there a law that protects human trafficking victims?
- What are some ways that a teenager can prevent from being a victim of human trafficking?

MENTAL HEALTH

- What are mental health issues?
- As a teen, what are some things that are difficult for you to speak about?
- What type of help would you like to see?
- How many teenagers are affected by mental health issues?
- What does taking care of your mental health look like?
- What are some things that teenagers can do to improve their mental health?
- Who can a teenager call for help?

VAPING

- Is vaping safe or safer than traditional cigarettes or hookah smoking?
- Does all vape juice contain nicotine? If it doesn't have nicotine, what other ingredients are used and is it considered safe?
- Where do teenagers go to get vaping devices?
- How can devices be hidden?
- What effects does nicotine have on a teenager's brain?
- What happens to vaping smoke when you inhale it? Does it only go into your lungs?
- What are some techniques a teenager can use when being pressured to vape by friends?

CONSEQUENCES OF SEX

- What do sexual health risks mean to you?
- What are the different ways to have sex that can lead to health risks?
- What are the risks to having sex? Mentally? Physically?
- Do all sexual health risks have signs and symptoms?
- How do sexual health risks affect teenagers?

WEBSITES

- www.unboundfortworth.org
- www.childrenatrisk.org
- www.cdc.gov
- www.lung.org
- www.teenshealth.org
- www.healthychildren.org

If you have any questions, please email TeenVideoFest@tarrantcounty.com or call 817-321-5930.

Thank you and good luck!



Tarrant County Public Health

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