



JOIN YXC 2026

THE YOUTH XCHANGE VIDEO COMPETITION

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GROUNDED IN ALOHA

STRONG IN WHO WE ARE. CONNECTED. DRUG-FREE.

The Challenge

“Grounded in Aloha” celebrates how aloha, ‘ohana, and community help Hawai‘i youth stay healthy and drug-free. You can inspire hope, promote connection, and highlight the positive choices that keep us grounded and safe from dangerous substances.

High School Students: Create a 30-60 second PSA

to share a story about how you stay true to yourself and make choices that protect your health and well-being. Highlight the people, passions, and activities—‘ohana, friends, culture, or ‘āina—that keep you resilient, connected, and living a healthy, drug-free life.

*Do not use DOH logo in any content

Share your story. Inspire others. Stay Grounded in Aloha.



Why It Matters

Most youth in Hawai‘i are already making positive choices, but sharing stories can inspire even more. Highlighting your healthy habits, connections, and passions helps peers see what’s possible and encourages everyone to stay strong, supported, and drug-free.