



JOIN YXC 2026

THE YOUTH XCHANGE VIDEO COMPETITION



For more information please contact:
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CHOOSE HEALTH: SPEAK OUT ABOUT METH

METH ISN'T WORTH IT. PICK A BETTER PATH

The Challenge

Meth ("ice") harms health, relationships, and futures in Hawai'i. Youth PSAs can spark change, inspire hope, promote healthy choices, and support safer communities.

High School Students: Create a 30-60 second PSA

about the dangers of meth. Keep it creative, powerful, accurate, and hopeful—rooted in our local culture—and show the healthy choices and positive actions you take instead of using drugs.

*Do not use DOH logo in any content



Why It Matters

Meth can destroy lives and communities—but young voices can raise awareness and highlight protective factors, like positive peer support, safe activities, and healthy coping strategies to help peers make safer choices.