

SHOW US HOW YOU SHOW UP!

We all need people we can count on—and that someone could be you! Showing up can be as simple as listening, being present, or letting someone know you care.

Get creative and show us how you show up—for others or for yourself. Submit a short video, get paid, and help inspire others through the *You Can* campaign.

Help others and get paid for it!

Get your friends to participate and earn even more \$!

WHO CAN PARTICIPATE:

- Anyone in Washington state, ages 12- to 18-years-old

HERE'S WHAT WE NEED:

- Up to two vertical videos
- 20-45 seconds each
- Show how you show up for yourself or others

WHAT YOU'LL GET:

- A \$25 e-gift card per submission
- One entry to win one of five \$100 gift cards
- An extra \$5 per friend you refer (up to five friends)

HOW TO SUBMIT:

- Scan the QR code for tips and examples.
- Fill out the online form.
- Upload your video(s).

Need ideas? Check out @YouCanWA on Instagram and TikTok.

The *You Can* campaign from the Washington State Department of Health educates youth about the risks of using marijuana and provides healthy ways to cope with stress and anxiety.



*Compensation will only be provided if the video meets the required guidelines. DO NOT PARTICIPATE IN THE PROJECT IF YOU DO NOT AGREE TO THESE OFFICIAL RULES AND FALL WITHIN THE ELIGIBILITY REQUIREMENTS AS SET FORTH HEREIN. False, fraudulent or deceptive entries or acts, including submission of any false information, shall render entrants ineligible for any prize. We reserve the right to cancel, modify or terminate the project for reasons including, but not limited to fraud, misconduct, regulatory requirements, acts of God, pandemics, or if any technical issues, programming errors or failures destroy or threaten the integrity of the project.