



The Jed Foundation Student Voice of Mental Health Awards

2026 Video Essay Submission Instructions

Content

- Introduce yourself. Please share the following statements and fill in the blanks:
 - Hi, I'm/my name is [name].
 - My pronouns are [provide your pronouns if you like].
 - I'm [age].
 - I live in [city, state].
 - I'm a [high school/college year] at [high school/college] studying [your major/minor or favorite subjects/areas of interest].
- **Respond to the Prompt:** "What thoughtful, impactful initiative(s) are you implementing in your school/on your campus and how do you see this work impacting the future of youth mental health?"
- Keep your video **under 3 minutes**. Videos longer than three minutes and shorter than one minute will be disqualified.
- Film your video essay in **one continuous shot** and speak directly to the camera. The selected awardees will be required to give an acceptance speech at the 2026 JED Gala, and the review committee wants to see you deliver your video essay in one take to understand your public speaking approach. **Please do not include any other digital/visual elements, editing, or music in your video.**
- Keep in mind, the review committee will be assessing your video submission using the following five categories:
 - Impact
 - Leadership
 - Video presentation
 - Personal connection
 - Community building and belonging

Need inspiration? [View 2025 SVMHA honoree Rohan Satija's submission video here.](#)

Filming Instructions

Please note that your video will not be evaluated based on production quality. The purpose of the instructions below is to generate consistency between applicant videos.

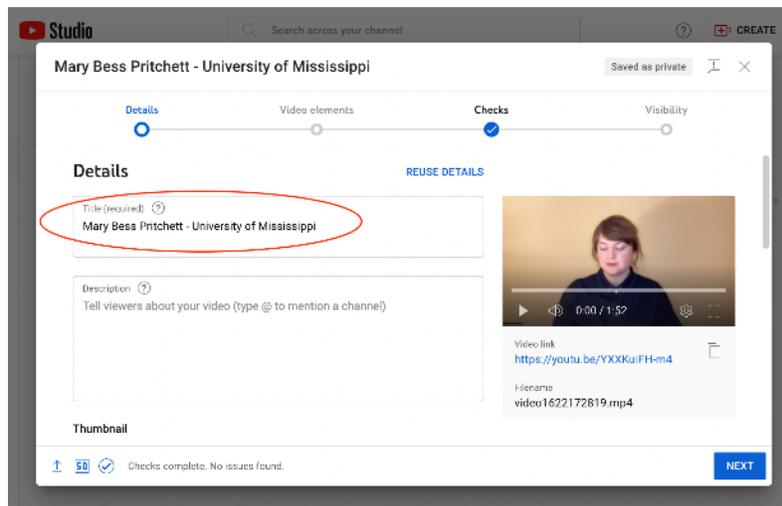
- Film your one continuous shot in a **close up straight to camera**.
- If you have a smartphone you can film with, please use it. If not, a laptop camera will do. If using a smartphone, prop the phone up **horizontally** while filming.



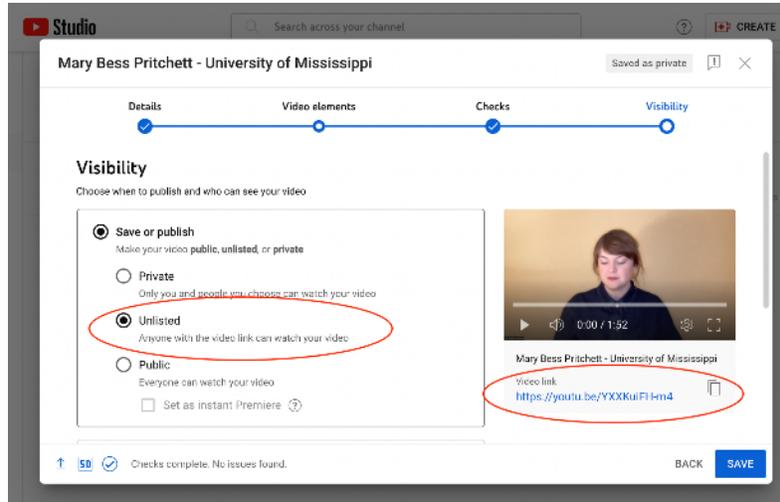
- If using a smartphone, use your back camera and alter your settings to 4K if possible. This will offer the highest quality recording.
 - Open “Settings”
 - Scroll down and tap “Camera”
 - Tap “Record Video”
 - Select 4K at 30 fps
- Do not zoom in with the smartphone camera as this worsens the quality.
- Please film **indoors** in a **quiet area** that is **well-lit** with natural or artificial light. Film during the day and sit in front of or near a window with the camera facing away from the window.
- Having some plants or a bookcase in the background is always nice. You can also film against a blank wall or a solid hanging sheet, depending on your space.
- It’s best to wear a neutral color versus something with busy patterns on it. Please avoid red if possible.

After Filming

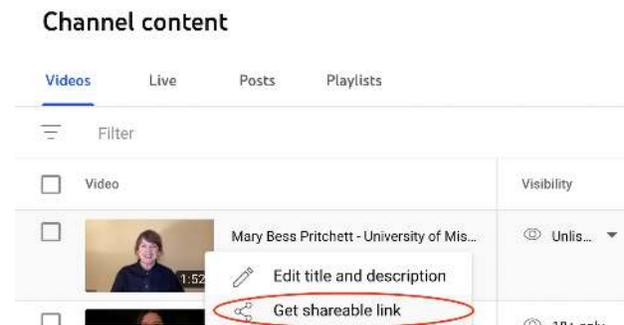
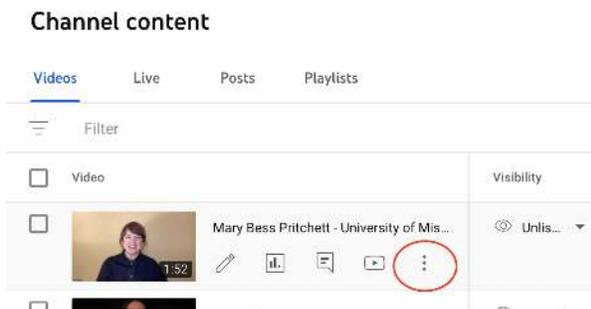
- **Title the video with your Full Name and Name of School (see screenshot below).** Upload your video to YouTube as an **Unlisted** Video. This way, only The Jed Foundation (JED)’s review committee will have access. There is no need to add a description or additional video elements.



- Set your video’s Visibility to “**Unlisted**” and copy the video link (see screenshot below). Make sure to hit “Save.” Then, paste the video link in the appropriate field of your application form.



- Once you have saved your video, you may also access the shareable link by going to the “Manage Videos” page in “Your Channel.” Click on the three dots that appear when you hover your cursor to the right of your video thumbnail/preview and select “**Get shareable link**” from the dropdown menu (see screenshots below).



- If you need further guidance on this process, please find a [tutorial video linked here](#).

If you have any questions, please review [JED’s SVMHA Frequently Asked Questions \(FAQ\) page](#).

Note: JED may consider generating public video content using clips from your submission. Please see [JED’s 2026 SVMHA Scholarship Rules](#) for details.