



MECHANICS

Suicide Prevention Month Filmmaking Contest

The **Suicide Prevention Month Filmmaking Contest** is a competition open to all year levels of the NORSU Psychology Department, aimed at promoting mental health awareness through creative storytelling. It encourages students to use film as a platform to foster empathy, hope, meaningful conversations, and the importance of checking in and listening to others. Each year level shall submit one (1) entry in the form of a **3–5-minute short film** based on the theme **“Bago ang Lahat, Kumusta Ka, Talaga? Pause. Check in. Listen.”** All participants must be bona fide students of NORSU and officially enrolled in the Psychology program. Entries will be officially posted on the NORSU Psychology Society Facebook page on **September 25, 2026**.

Mechanics:

- The competition is open to all bona fide NORSU Psychology Students (**one entry per year level**).
- Each entry must be an original short video related to the theme **“Bago ang Lahat, Kumusta Ka, Talaga? Pause. Check in. Listen.”** with no minimum and maximum number of people who'll serve as the casting team.
- Video length must be **3-5 minutes** only, including credits.
- The content must promote mental health awareness, hope, unity, and suicide prevention in line with the theme.
- The use of copyright music, images, or clips is discouraged. If used, proper credits should be included.
- Offensive, discriminatory, or inappropriate content will result in automatic disqualification.
- Entries must be submitted via Google Drive on or before the deadline (8 PM, September 24, 2026).
- Along with the film entry, participants must submit the official title of the film and a short description briefly summarizing its content and message. The title and description must be submitted in PDF format.
- All film entries will be posted on the official NORSU Psychology Society Facebook Page on September 25, 2026. The entry that receives the highest number of Facebook heart reactions shall be awarded the People's Choice Award. Voting will officially close on September 28, 2026, at 12:00 AM. Only heart reactions received before the stated deadline shall be counted.

**Department of Psychology
Psychology Society
NORSU Main Campus 1, Dumaguete City, Negros Oriental**



- By submitting, participants grant NORSU Psychology Society the right to use and showcase the videos for advocacy campaigns.

The **Google Drive submission link** will be forwarded to **each year-level representative** on **September 23, 2026**.

Files must be submitted with the following format:

Title - Year Level

Failure to meet the guidelines will be subject to deduction of points.

Queries about the mechanics may be raised to your respective year level representative.

AWARDS

Major Awards:

The following awards shall be determined based on the **total score from the official Criteria of Judging**:

- **Champion** – Entry with the highest overall score.
- **1st Runner-Up** – Entry with the second-highest overall score.
- **2nd Runner-Up** – Entry with the third-highest overall score.

Minor Awards:

In addition to the major awards, the following special awards shall be given:

- **Best Cinematography (Technical Quality)** – Awarded to the entry that demonstrates the best visual composition, camera work, lighting, editing, and overall technical presentation.
- **Best in Advocacy (Content and Message)** – Awarded to the entry that delivers the most compelling, meaningful, and effective mental health and suicide prevention advocacy message.
- **People's Choice Award** – Awarded to the entry that receives the **highest number of Facebook reactions** on its official post on the NORSU Psychology Society Facebook page. Only reactions received within the **official voting period** shall be counted.

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CRITERIA FOR JUDGING

Entry No.: ____

Title of Entry: _____

Judge: _____

Criteria	Description	Weight	Score
Relevance to the Theme	How well the film reflects and addresses the contest theme.	30%	/30
Creativity & Originality	Innovative concept, engaging storytelling, and unique approach.	30%	/30
Content & Message	Clarity, impact, and appropriateness of mental health advocacy.	20%	/20
Technical Quality	Video editing, audio quality, and overall presentation.	10%	/10
Overall Impact	Emotional resonance and effectiveness in raising awareness.	10%	/10
TOTAL SCORE:		100%	/100

Remarks/Comments: