



Mental health education for a new generation

WHY USE GLOWMEDIA FILMS?

Glowmedia creates impactful short films designed to educate and support middle and high school students on mental health and wellness topics. Our films address real-life struggles such as anxiety, depression, substance misuse, eating disorders, and identity exploration.

Mental health challenges are widespread among adolescents. According to the National Institute of Mental Health:

- 1 in 5 adolescents has a diagnosable mental disorder.
- 8% of adolescents experience major depression.
- 10% experience anxiety disorders.
- 5% suffer from an eating disorder.
- More than 50% of adults with mental health disorders had their first episode by age 14, and 75% by age 24.

With mental health challenges affecting so many young people, Glowmedia's films provide a powerful medium to foster conversations and reduce stigma surrounding these issues.

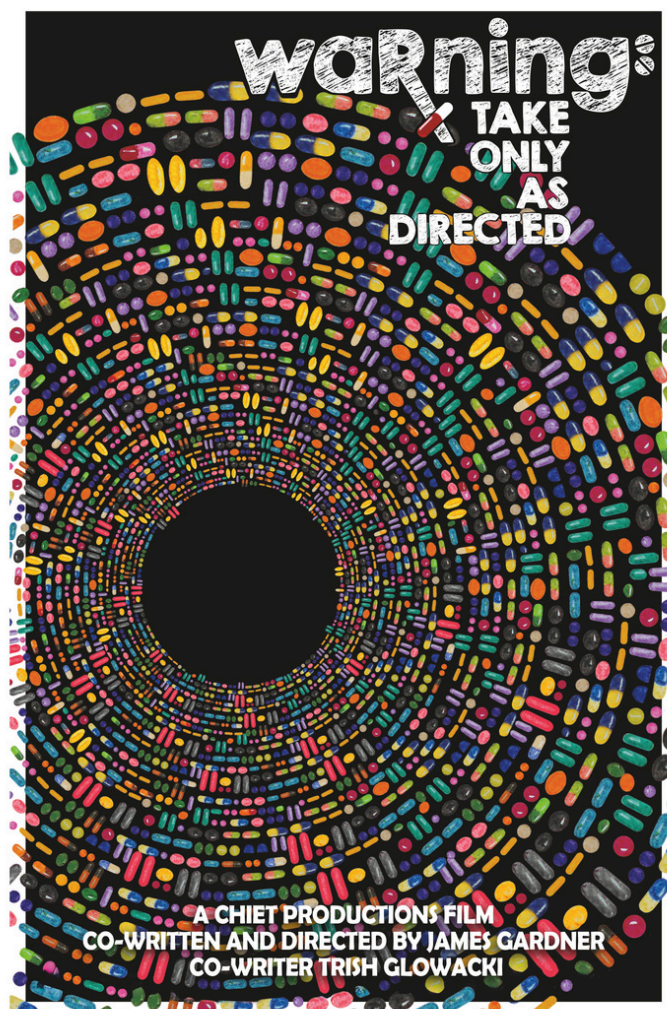
Each film is carefully crafted with input from mental health professionals and young people to ensure its relevance and effectiveness. Our films are widely used in schools, youth organizations, and community screenings across the United States and internationally.

References:

U.S. Department of Health and Human Services, National Institute of Mental Health. (n.d.).

2 Kessler, R. C., Berglund, P., Demler, O., Jin, R., Merikangas, K. R., & Walters, E. E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62(6), 593-602.

WHAT TOPICS DO GLOWMEDIA FILMS COVER?



WARNING: Take Only as Directed

ONE PILL CAN CHANGE EVERYTHING, TAKE ONLY AS DIRECTED.

In a world where prescription drug misuse is on the rise, a group of teens navigates the dangerous allure of quick fixes and the devastating consequences of taking shortcuts.

WARNING: Take Only as Directed is an educational short film that uses music and storytelling to shed light on the widespread issue of prescription drug abuse, emphasizing the importance of making informed choices and the lasting impact of those decisions.

Topic Covered: Substance Misuse
25 minutes



Do Supermodels Eat Popcorn?

PERFECTION ISN'T FOUND ON THE SCALE, IT'S FOUND WITHIN.

A teenage girl struggles with an eating disorder, caught between the pressure of societal beauty standards and the turmoil of her complicated family dynamics. As her friends reach out to help, she is forced to confront whether she is ready to accept their support or continue battling her inner demons alone. *Do Supermodels Eat Popcorn?* offers a poignant exploration of body dysmorphia and the challenges of finding self-worth.

Topics Covered: Eating Disorders, Body Dysmorphia
10 minutes

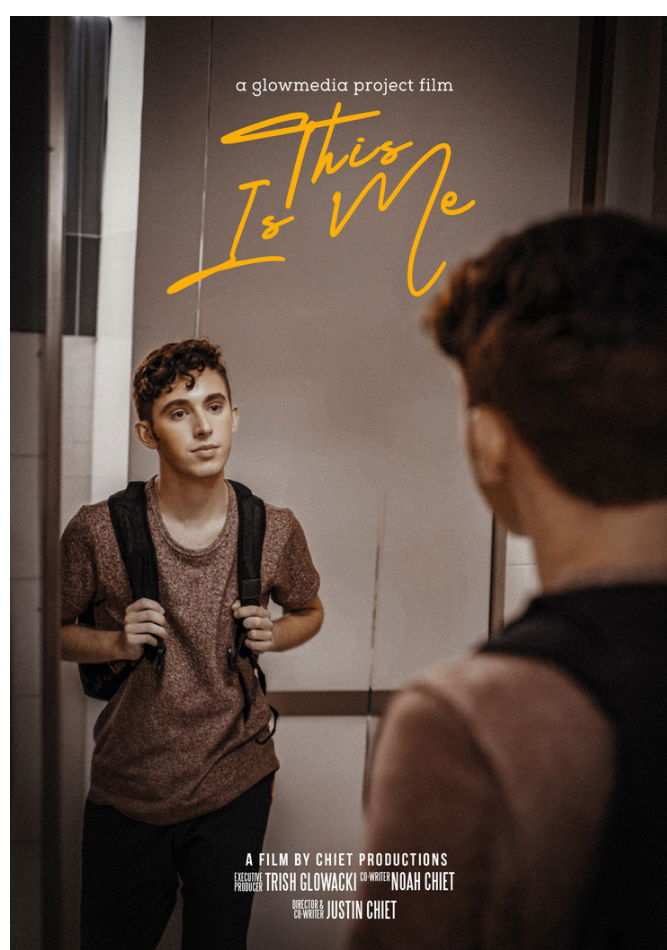


Gotta Get It

WHEN THE PRESSURE TO SUCCEED TAKES OVER, HOW DO YOU FIND BALANCE?

A high school athlete with dreams of a college scholarship, pushes himself to the limit, believing success is the only option. As the pressure mounts, Brandon's stress and anxiety begin to take a toll on his mental and physical well-being. *Gotta Get It* explores the intense expectations placed on today's teens and the importance of recognizing when ambition turns into overwhelming pressure.

Topics Covered: Stress + Anxiety
12 minutes



This Is Me

FINDING YOUR VOICE MEANS EMBRACING WHO YOU ARE.

Luke, a high school junior, wrestles with the fear of coming out, unsure of how his friends and family will react. As he navigates the highs and lows of self-acceptance, unexpected moments of support, and music, help him find the courage to embrace his true identity. Inspired by true events, *This Is Me* reimagines the coming-out journey with heart, authenticity, and an original score.

Topics Covered: LGBTQ + Sexuality, Stress + Anxiety
11 minutes



King of The World

BIPOLAR DISORDER DOESN'T TAKE A BREAK. NEITHER SHOULD SUPPORT.

Living with bipolar disorder has its challenges, but C.J. has found a routine that helps him manage, until he's cast as the lead in a school film. As the excitement of his new role triggers a manic episode, C.J.'s behavior starts to spiral, leaving his friends worried and unsure of how to help. *King of the World* highlights the impact of bipolar disorder on relationships and underscores the vital role of peer and family support in managing mental health.

Topic Covered: Bipolar Disorder
10 minutes



There Can Be Light

HOW DO YOU HEAL FROM LOSS?

After losing her best friend, Ricardo, to suicide, 15-year-old Olivia is consumed by guilt and grief. Struggling to make sense of his death and her own emotions, she faces the difficult path of healing while honoring Ricardo's memory. *There Can Be Light* explores the weight of loss, the challenges of moving forward, and the importance of finding hope amidst the darkest moments.

Topics Covered: Suicide, Grief
16 minutes

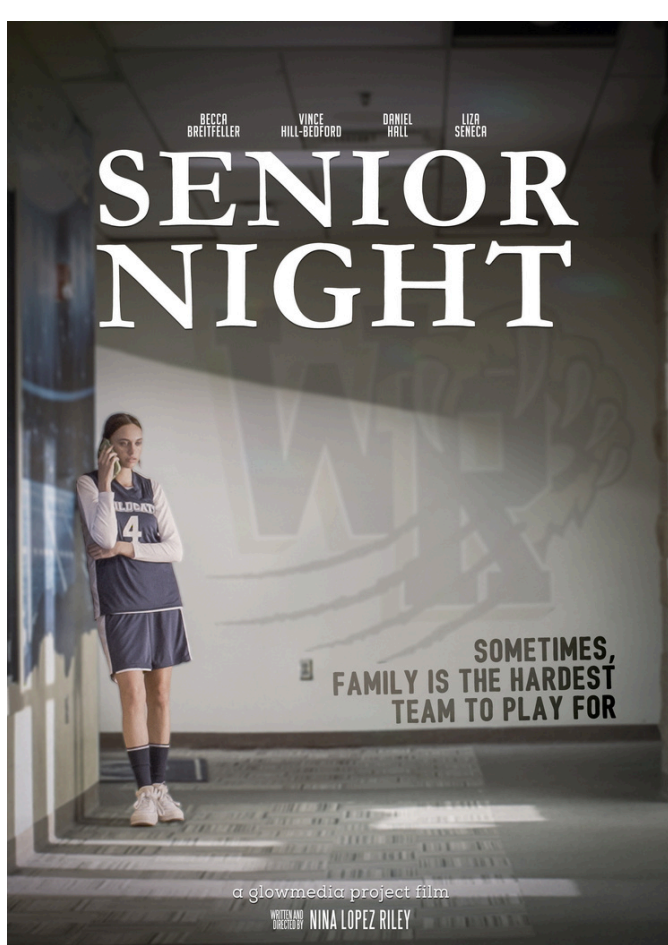


Unimaginable

WHEN THE WORLD SHUT DOWN, CREATIVITY BECAME THE KEY TO SURVIVAL.

In the midst of a global pandemic, three teenagers from different backgrounds confront the mental health challenges of isolation, uncertainty, and fear. *Unimaginable* offers a hopeful glimpse into how resilience and creativity helped them cope with the overwhelming changes to their world, revealing the unexpected ways young people found strength in times of crisis.

Topics Covered: Resilience + Adaptation in Times of Crisis
16 minutes



Senior Night

SOMETIMES, FAMILY IS THE HARDEST TEAM TO PLAY FOR.

When Sarah's parents miss her basketball senior night, she's forced to confront the pain of always being an afterthought. With her brother Dylan's depression consuming the family's focus, she must decide whether to keep suppressing her feelings or finally speak up. *Senior Night* explores the emotional toll of mental health struggles on family dynamics, especially through the eyes of siblings left in the shadows.

Topic Covered: Family Dynamics
11 minutes

HOW CAN I ACCESS GLOWMEDIA FILMS?

Our films are available to watch for free on our website at www.glowmedia.org.

HOW CAN I USE GLOWMEDIA FILMS TO EDUCATE OTHERS?

Our films and accompanying discussion guides are designed to encourage open dialogue about mental health and substance use. Whether in classrooms, community gatherings, or personal settings, these films provide a powerful way to engage audiences and reduce the stigma surrounding these topics.

You can host a Glowmedia screening in a setting that works for you—whether it's a small, informal gathering at home or a larger event at a school, community center, or theater. Screenings can include a moderated discussion to help participants explore the themes and takeaways from the films.

If you're interested in organizing a larger event and need assistance finding panelists, Glowmedia can help connect you with professionals such as:

- School nurses, counselors, or social workers
- Local mental health professionals (psychologists, psychiatrists, therapists)
- Law enforcement representatives
- Individuals with lived experience in mental health or substance use who are open to sharing their stories

For panelist support or additional resources, please contact Trish Glowacki at trish.glowacki@glowmedia.org.

WHY SHOULD SCHOOLS USE GLOWMEDIA'S FILMS IN THEIR HEALTH AND WELLNESS PROGRAMMING?

Glowmedia films help reduce stigma around mental health and substance use by portraying relatable adolescent experiences. When students see characters navigating challenges, they feel less alone and more understood. The films also model positive behaviors, such as confiding in trusted adults and seeking support from peers, parents, coaches, and school counselors.

Each film is accompanied by free, professionally developed educational materials, including:

- Educator Guide – Film synopsis, discussion prompts, and lesson plans aligned with English Language Arts and ASCA Mindsets & Behaviors standards.
- Student Guide – Engaging activities to encourage reflection and critical thinking.
- Parent/Guardian Guide – Resources to continue conversations at home.

We encourage educators to share the Parent/Guardian Guide with families to extend discussions beyond the classroom.

By incorporating Glowmedia films into their wellness programs, schools can create safe spaces for important conversations, empowering students to seek support and build resilience.

HOW CAN I APPROACH MY LOCAL SCHOOLS ABOUT USING GLOWMEDIA FILMS?

Start by reaching out to the school's counseling or social work department. If you're a parent of a current student, your voice matters! Whether you're a parent, educator, or community advocate, here are key points to share when introducing Glowmedia films:

- Glowmedia films and companion guides are part of a research-informed program addressing mental health and substance use.
- The films and guides promote Mental Health Literacy and foster important conversations.
- All educational materials align with English Language Arts standards and ASCA Mindsets & Behaviors for student well-being.
- Free access to all films and guides makes them an easy and valuable addition to school programs.

Additionally, ask if the school uses *Discovery Education's Streaming Service* and *Learn360*. Our films can be found on both platforms. Our first film, *Warning: Take Only as Directed*, is available through Discovery Education, while five of our films are currently available on Learn360. We are currently working to expand our partnership to include more of our films.

For more details or support in approaching your school, contact us at www.glowmedia.org.

HOW CAN I PROMOTE MY GLOWMEDIA EVENT?

To effectively promote your Glowmedia screening event, focus on a multi-platform, engagement-driven approach that builds anticipation, encourages interaction, and maximizes reach. Here's how:

1. Pre-Event Promotion (2-3 Weeks Before the Event)

- **Announcement Post** – Share an eye-catching visual with key event details: date, time, location, film title, and discussion topic.
- **Countdown Content** – Post weekly reminders with facts/statistics related to the film's topic to highlight why the event matters.
- **Event Page & RSVPs** – Create a Facebook event and link to RSVP options on Instagram Stories, LinkedIn, or Eventbrite.
- **Influencer & Partner Outreach** – Ask local organizations, mental health advocates, and educators to help share the event.
- **Hashtags & Tags** – Use relevant hashtags like #MentalHealthMatters #EndTheStigma #GlowmediaFilms and tag @glowmediafilms.

2. Engagement Boosters (1 Week Before the Event)

- **Behind-the-Scenes Content** – Show your prep work, venue setup, or teaser clips from the film.
- **Polls & Questions** – Use Instagram Stories/X (Twitter) to ask followers about their thoughts on mental health topics or what they hope to learn.
- **Speaker or Panelist Spotlights** – Introduce discussion moderators, mental health professionals, or guest speakers.

3. Event Day Content

- **Live Coverage** – Stream key moments on Instagram Live, Facebook Live, or TikTok.
- **Interactive Storytelling** – Post real-time updates, audience reactions, and key takeaways in Instagram Stories, LinkedIn, and X.
- **User-Generated Content (UGC)** – Encourage attendees to post their experiences, thoughts, or takeaways with event hashtags.

4. Post-Event Follow-Up

- **Thank You Post** – Show appreciation to attendees, partners, and speakers with a recap and event photos/videos.
- **Key Takeaways Carousel or Reel** – Summarize the most impactful moments and lessons from the screening.
- **Call to Action** – Direct people to watch the film online, access resources, or get involved with Glowmedia.
- **Testimonials & Impact Stories** – Share audience reactions and reflections in text, video clips, or Stories.

By implementing this strategy, your Glowmedia event will gain visibility, encourage engagement, and extend the conversation beyond the screening itself.