

# VIDEO ESSAY CONTEST RULES AND REGULATIONS

**February 9, 2026**

Tobacco Free North Dakota announces the return of our annual Video Essay Scholarship Contest for all North Dakota high school seniors. TFND is a statewide non-profit that advocates for policies to prevent youth initiation to tobacco and nicotine products with the goal of creating North Dakota's first tobacco free generation. We hope this scholarship contest encourages youth to youth education and advocacy, while providing TFND an opportunity to recognize and reward those efforts.

Here's how it works!

1. Create a 1–3 minute YouTube video based on **ONE** of these tobacco prevention topics:
  - The tobacco industry wants to bring smoking back into public places. Interview your family, friends, and community members about what it was like when there was smoking in places like restaurants, offices, and even the legislature.
  - New tobacco products are always being developed to hook new generations of consumers. Create a public health campaign/strategy to prevent another generation from becoming tobacco users. This can be a mix of laws you would enact, public awareness campaigns, etc.
  - You get to make the laws for a day- what laws do you make relating to tobacco products?
  - Tobacco products are a leading cause of pollution worldwide- show us how tobacco pollution affects your community and what can be done to stop it.
  - Tobacco companies spend millions of dollars every year marketing their products to the next generation of potential customers- Youth. How would you convince young people to stay tobacco/nicotine free?
2. Email your video entry, along with all completed forms attached, by 11:59pm **March 20, 2026** to [andrew@tfnd.org](mailto:andrew@tfnd.org). **YOU MUST SUBMIT THE VIDEO FILE, NOT YOUTUBE LINK!** A committee will select the top video.
3. **The winner will receive a \$1,500 college scholarship! TFND will present the prize and take photos with the winner prior to June 30, 2026, if possible.**

# Requirements/Guidelines:

- Must be a ND high school senior.
- Create a short 1–3 minute video relating to tobacco prevention. (Please introduce yourself in the video) and fill out and include as attachment all VESC forms and acknowledgments.
- The Tobacco Free North Dakota Board and/or judging committee has the right to disqualify videos deemed unacceptable or inappropriate.
- **You cannot show anyone using tobacco products in your video.**
- Deadline for submission: 11:59pm on **March 20, 2026**
- Video participants agree and authorize TFND, or anyone authorized by TFND, the use of any and all images that have been taken of the participant and/or friends/family without compensation to the participant. Participants agree that the TFND may use such videos with or without the participant's name for any lawful purpose, including but not limited to purposes of publicity, illustration, advertising and web content.
- Emailing your submission acts as your signature to agreement to the terms and conditions of this contest.
- The winning video becomes the property of TFND. In order to receive the scholarship, the winner will submit the video file. YouTube links will no longer count as submissions!

Send all Questions and Entries by **March 20, 2026** to: Andrew Horn,  
Andrew@tfnd.org

*The mission of Tobacco Free North Dakota is to improve and protect the public health of all North Dakotans by reducing the serious health and economic consequences of tobacco use, the state's number one cause of preventable disease and death.*



# VIDEO ESSAY CONTEST

## TIPS AND TECHNIQUES



Adobe Premiere: This is what professional journalists and documentary filmmakers use. It's awesome. It also costs money. Sometimes there are free trials of the software you can use. This software would give control over many aspects of video. There are plenty of videos on YouTube on how to use it. Again, it costs money for subscription costs.



Most smartphones have a built in video editing applications. iPhones have the app iMovie. There are also plenty of free apps available across the internet.



You can make tweaks and add effects to your videos directly on YouTube or when you upload a video using Enhancement features. Features include trimming video, adding music and applying filters.

### **Tips on how prevent a shaky video when not using a tripod:**

The best videographers say the world is your tripod. Don't have one for a low angle shot? Balance your camera against a rock or tree. Need to do an interview? A table or a stack of books works great.

### **How should my video look:**

Simple answer- that's up to you. Don't just stand in front of a camera and talk for 3 minutes with no extra video or effort. That won't win. We strongly encourage you look at past winners on our website and YouTube page. It is clear when someone puts in effort and when someone makes a last second submission.

### **To capture quality audio:**

Use a voice memo app on your phone. Keep your recording device as close to the subject as possible. Pro Tip: Clap once at the beginning of each take to create a reference point when syncing video and audio. Set your phone on Airplane Mode so you don't get any background dings during the recording.

**When you are finished editing your video you can email us the file. We will accept the following file types: MOV, MPEG4, MPEG3, WebM and WMV. I recommend using MOV or MPEG4**

# VIDEO ESSAY CONTEST ENTRY FORM

Date of Submission: \_\_\_\_\_

Topic Chosen: \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone number: \_\_\_\_\_

Address: \_\_\_\_\_

ND High School: \_\_\_\_\_

Future College/University: \_\_\_\_\_

Check this box if you have read the rules regulations and accept them.