

PSA Script

Scene 1: (TEXT) Healthy Lifestyles by Carson Anderle

Scene 2: (VIDEO)

Camera Angle: Pan

Setting: Outside in Courtyard

Action: Camera shows people exercising.

Description: Camera uses pan technique to turn around the room, showing people exercising.

Scene 3: (TEXT) Exercising can change your life greatly

Scene 4: (TEXT OVER VIDEO) Average teenagers should do about 60 minutes of physical activity each day and most of the 60 minutes should be either moderate or vigorous intensity.

Camera Angle: Eye Level

Setting: Gym

Action: Two people vigorously exercising

Description: Two people exercising hard while the camera videos at eye level.

Scene 5: (VIDEO)

Camera Angle: Zoom

Setting: Lunch table in the cafeteria

Action: Camera zooms on people eating healthy food.

Description: Camera uses zoom technique to zoom in on a girl eating healthy food and looking happy.

Scene 6: (TEXT) Healthy eating makes you happy:)

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Scene 7: (TEXT OVER VIDEO) Teenagers need a healthy and balanced diet in order to grow into a healthy lifestyles.

Camera Angle: Side View

Setting: Cal Young Lobby

Action: Molly explains what you need in your diet to Maddie

Description: The camera films at a side view in the Cal Young lobby while Molly explains a healthy diet.

Scene 8: (VIDEO)

Camera Angle: Side View

Setting: Classroom

Action: Camera videos a girl looking like she's about to fall asleep

Description: Camera is at side view and slowly videos and girl sitting at a desk looking like she's about to fall asleep.

Scene 9: (TEXT) When you don't get enough sleep, you could look like this and not feel as happy.

Scene 10: (VIDEO)

Camera Angle: Tilt

Setting: Bench in Library

Action: A person sleeping peacefully

Description: The camera is tilted and videos a person sleeping on the benches in the library.

Scene 11: (TEXT) Getting enough sleep is a crucial lifestyle.

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Scene 12: (TEXT) Teens need between eight and ten hours of sleep to function the best.

Scene 13: (VIDEO)

Camera Angle: Eye Level

Setting: Classroom water fountain

Action: Someone drinking out of a water fountain.

Description: The camera videos someone drinking a lot of water out of a drinking fountain.

Scene 14: (TEXT) Teenagers should drink between 1.5 and 2 litres of water each day and even more if you are exercising or its a hot day.

Scene 15: (BACKGROUND IMAGE) Girl looking like she's in pain (TEXT) Dehydration may affect your organs and lead to kidney stones, cholesterol problems, headaches, liver, joint, and muscle damage.

Scene 16: (TEXT) Having a healthy lifestyle includes not having bad habits.

Scene 17: (TEXT OVER VIDEOS) Common bad habits include chewing tobacco, smoking cigarettes, and drinking alcohol underage.

Camera Angle: Pan

Setting: Outside on the curb.

Action: Two people smoking (pretend)

Description: Camera uses the pan technique to film two people on the curb smoking.

Scene 18: (TEXT) Alcohol use increases the risk of academic failure, illicit drug use, and tobacco use. It can cause a range of physical consequences, from hangovers to death from alcohol poisoning, suicide, homicide, and traffic crashes.

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Scene 19: (TEXT) Healthy lifestyles include exercising regularly, having a healthy diet, proper hydration, and the right amount of sleep.

Scene 20: (TEXT) Start adapting healthy lifestyles when you are still young and they will be easier to become a habit.

Scene 21: (TEXT) By having healthy lifestyles you will be happier, healthier, and overall you will feel better.

Scene 22: (TEXT) For more information visit your local doctor or health provider for tips or <https://www.healthykids.nsw.gov.au/kids-teens/5-ways-to-a-healthy-lifestyle.aspx>

Scene 23; (BACKGROUND IMAGE) Teen Smiling with Joy!