



High School Video Contest

Deadline for entries: 11 p.m. Eastern on Sunday, October 5, 2025

View the recording of our 2025 [Information Session](#) on “How to Submit a Video”

**The MassDOT Moving Together Conference is scheduled for Tuesday, October 28, 2025, in Boston. Winning videos will be featured during the lunchtime keynote session. We encourage students to start crafting ideas this summer and watch the recording of our information session.*

Submission Guidelines

Background: Safe walking, biking, and driving behaviors seem like no-brainers, but often-times individuals take part in less-than-safe activities, and sometimes even outright dangerous behaviors. We all play a role in what goes on within our roadways every day. It’s the responsibility of each and every person to do our part in making sure that we are aware of those around us as we travel throughout the day.

Action: Lead the way in promoting safe walking, biking, and driving behaviors across Massachusetts by creating a public service announcement (PSA).

Here’s How: Write and produce a 30-60 second video showcasing safe walking, biking, and/or driving behaviors. Keep in mind that winning videos may be used in future Massachusetts Department of Transportation (MassDOT) campaigns, initiatives, and materials intended to improve safety. We recommend viewing [past winning videos](#) that touched on this topic for inspiration.

Video submissions must adhere to ALL of the following criteria:

1. You must be a registered Massachusetts public high school student (grades 9-12) during the 2025-2026 academic year in order to participate in the contest.

2. Safety devices (helmet if riding a bicycle/scooter and seatbelt if driving a car) must be worn if any person is shown on a bicycle/scooter or in a car unless it is a specific example of what **NOT** to do.
3. You must **NOT** mention the MassDOT name or use the MassDOT logo in your video. The MassDOT and Safe Streets Smart Trips logos will be placed within all winning videos by the video submission staff.
4. You must **NOT** use any copyrighted music, videos, or images. Please be mindful of logos on clothing, references made, etc. (students are responsible for researching and confirming their ideas do not infringe on any copyright laws).
5. Please limit sounds and images related to crashes and injuries. Violent images and sounds could lead to your video being disqualified.
6. Please make sure the dialog and/or conversations within the video is audible. Videos with the audio too soft or drowned out by other sounds may not be selected.
7. Your message within the video must **focus on one or more of the following topics:**

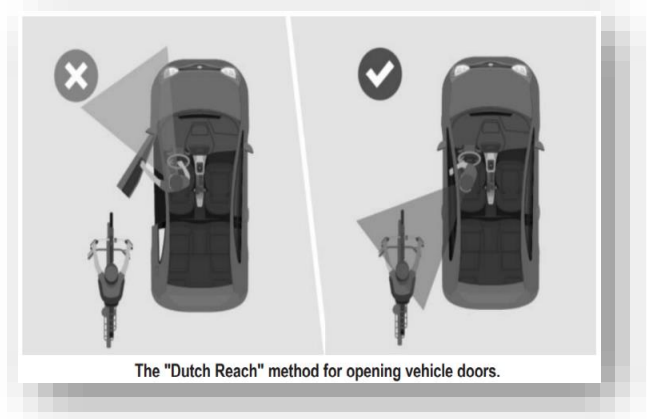
- **Distracted Driving**

The Hands-Free Law went into effect in Massachusetts in 2020 to in an effort to reduce distracted driving. Distracted driving is unsafe driving. Distractions can be in forms such as phone calls, text messages, loud music, eating/drinking, and passengers. By limiting these distractions while driving, awareness of the roadway can increase and lead to a safer roadway for all.



- **Being a Pedestrian/Bike-Friendly Driver**

As a person driving, it can be easy to forget that there are other mode users on the roadway. It is important to navigate safely around vulnerable users such as people walking, biking, and rolling. Elderly people might need more time to cross the street. People driving might need to share the road with someone biking. Have you tried using the “Dutch Reach” to open your car door? Are you passing vulnerable users at 4-foot minimum distance? Are you yielding to people trying to cross the street?



- **Safe Walking/Biking Behaviors**

People walking, biking, and rolling also have a responsibility as roadway users to operate in a safe manner. Reducing distractions like phones, loud music, etc. will help increase awareness of what’s happening on the road. Other best practices include dressing to be seen, riding at night with a front white light and red rear light, wearing a helmet if biking or rolling



(scooter, skateboard, etc.) and being predictable. For example, large commercial trucks or buses need more space and time to react. They have large blind spots and don’t know you’re there if they can’t see you. How can you help people driving? Be aware of these blind zones and be predictable.

Other Aspects to Consider

- Use human-centered language (“people on bikes” instead of cyclists, “people walking or rolling” instead of pedestrian, “driver” or “people driving” instead of car/vehicle)

Additional Resources

- [MassDOT’s Empathy at the Intersection Website](#)
- [Safe Routes to School Driver Education Flyers](#)
- [2023 MA Strategic Highway Safety Plan \(SHSP\)](#)
- [Active Transportation for Older Adults and People with Disabilities](#)
- [MassDOT Bicycle and Pedestrian Transportation Information](#)
- [MassBike Vulnerable Users Laws Webinar Recap and FAQ](#)
- [Public Transportation in Massachusetts](#)
- [Hands Free Law](#)
- [Massachusetts Driver's Manual: \(Pages 109-114\)](#)

Prizes: The contest features two entry categories—a freshman/sophomore category and a junior/senior category. A grand prize, runner-up, and honorable mention video will be selected in each category.

Prize categories:

Grand Prize package – \$600 Amazon gift card and sponsor items

Runner-up package – \$300 Amazon gift card and sponsor items

Honorable Mention package – Sponsor items

Eligibility: Massachusetts public high school students who are enrolled during the 2025-2026 academic year are eligible to participate. Students may submit individual entries or work in groups with up to five students. Please note that the prizes will be awarded per video, not per participating student.

Submission Rules: For any videos submitted, contact information for a school official must be provided to show that they are aware of the submission. In the case of a homeschooled student, a parent/guardian can provide their information.

- Video submissions must be received no later than 11:00 p.m. Eastern on Sunday, October 5, 2025, to be eligible for the contest.
- Videos with foul language or inappropriate actions, as determined by the selection committee, will be disqualified.
- Videos with commercial music will be disqualified.
- Videos with misspelled words will be disqualified.
- Videos using the MassDOT logo or MassDOT name will be disqualified.
- Videos with incorrect or uncited statistics will be disqualified.

How to submit:

1. The online submission form will be available on the [Roadway Safety Video](#) webpage.
2. Review the Video Contest Guidelines to confirm your video meets contest standards
3. Save your video file name in the following manner:
“title of video_school name_last name student”
4. Submit your video file to DropBox (the link to upload your video file will be in the submission form) by 11:00 p.m. Eastern on Sunday, October 5, 2025
5. You should receive a confirmation email that you submitted your online form, but we highly suggest that you email leon.papadopoulos@aecom.com to confirm that we received your video file.