

Illinois State University
Department of Family & Consumer Sciences
Human Development and Family Science Video Competition

What do you need to do for the competition?

Create a short video (2-minute maximum) or TikTok that educates, informs, or provides tips for improving relationships. For your video, you will choose 1 target age group, 1 type of relationship, and 1 common issue to highlight. These choices could include:

Target Age Group

Infants, toddlers, children, teenagers, young adults, parents, grandparents

Types of Relationships

Friendships, siblings, dating, marriage, parenting, caregiving

Common Issues

Communication, conflict resolution, playing fairly, discipline, budget management

Check out these video examples for inspiration:

[EXAMPLE 1](#) (children, siblings, playing fairly)

[EXAMPLE 2](#) (teenagers, friendships, conflict management)

[EXAMPLE 3](#) (young adults, dating relationships, communication)

What do you need to submit for the competition?

You must submit the following:

1. A signed copy of the submission form (see below)
2. A short video or TikTok that includes the following information:
 - a. What target age group are you discussing?
 - b. What type of relationship are you discussing?
 - c. What issue within this relationship are you trying to improve or provide advice for?
3. **If you are a community college/transfer student, please also include the following:**
 - a. A brief write up (no more than 1 page) describing why you chose the areas above and the source of your information.
 - b. An example can be found below (page 3)

What criteria will be used to judge?

Your video submission will be judged on the following criteria:

1. Developmental appropriateness of the advice for the identified age/issue
2. Clarity of information provided
3. Creativity
4. Potential to enhance relationship being discussed

Submission:

1. Please send a video file or public URL link to fsccompetitions@ilstu.edu by **March 15, 2023**
2. Enter "Human Development and Family Science Competition" in the subject line
3. Complete and attach a signed copy of the Submission Form below to your email.
4. If you are a community college/transfer student, attach a copy (Word document or PDF) of your write up to the email. (Students in the high school category do not need to submit a write up.)

Department of Family and Consumer Sciences
Spring 2023 Competition Submission Form

Name (First and Last) _____

Email _____ Phone Number _____

Street Address _____

City _____ State _____ Zip Code _____

Competition Category (circle one):

High School Student

Community College/Transfer Student

Name of your high school or transfer institution:

Competition Program (circle one):

Fashion Design Competition

Food and Beverage Management Video Competition

Human Development and Family Science Video Competition

**By signing this form, I grant Illinois State University permission to evaluate my project and use the contact information provided to notify me when submission materials have been received and scholarship recipients have been chosen.*

Signature _____

Parent Signature (if under 18 only) _____

Write Up Example (required for community college/transfer student submissions only)

Tips for Healthy Communication Between Young Adult Couples

Healthy communication in relationships is important at any age. Oftentimes, communication among dating partners starts in an individual's young adult years, (EX: when they have their first serious dating relationship), which is why I chose this target age group to focus on when creating my video.

As a young adult myself, this age group is one that I can relate to. When I was dating my first boyfriend, I learned that communication was key to being happy and feeling satisfied in my relationship. The tips included in my Tik Tok video are real examples of the little arguments I experienced with my boyfriend when we weren't communicating effectively. Looking back on these examples, I thought about both perspectives of the issue at hand and worked to develop tips that improved communication between both partners.

I learned a lot about effective communication in one of my general education courses called *Enduring Issues for Couples and Families*. When I took this course my freshman year at my community college, one of the concepts that fascinated me most was the use of interpersonal communication skills. Interpersonal communication is defined as, "An exchange of information between two or more people. It is also an area of research that seeks to understand how humans use verbal and nonverbal cues to accomplish a number of personal and relational goals"

Source: Lamanna, M. A., Riedmann, A. C., & Stewart, S. D. (2021). *Marriages, families, and relationships: Making choices in a diverse society*. Cengage.

In my video, you will see how large of a role interpersonal communication plays when thinking about how humans interact with dating partners. It is my hope that this TikTok will be seen by many couples looking to improve their communication strategies for the future.