

## Topic Ideas

### Q. What topics are there to choose from?

To inspire your video, there are two themes to select from this year:

#### **The Energy Detective: Uncovering Hidden Waste**

- Investigate overlooked energy waste in your home or school and demonstrate or identify creative, practical solutions to reduce it.

#### **My Energy Footprint: A Personal Journey**

- Document your personal energy use and share the steps you're taking to reduce your footprint—at home, school, or in your community.

## Video Creation

### Q. What type of video can I create?

Be creative! Use skits, narration, interviews, animation, or any format that brings your story to life. Just make sure your video is clear, engaging, and aligned with one of this year's themes.

### Q. Can I film on a smartphone?

Yes! Use the highest video quality setting and film in landscape mode if possible—it makes your video easier to watch and more professional. Keep your footage steady, well-lit, and clear so your message stands out.

### Q. Can I use music, images, or other media in my video?

Yes, but everything you include must be **original or free to use with permission** (such as royalty-free or public domain content).

All media must be appropriate for a student audience, free of curse words or brand references, clearly visible or audible, and high quality to support your message.

### Do not include:

- Copyrighted songs (even short clips or background music)
- Brand logos (e.g., clothing, electronics, food packaging)
- Popular public figures (e.g., celebrities, influencers)
- Content from copyrighted or trademarked media (e.g., game shows, reality TV shows, movies, or recognizable characters)

**Videos that include restricted content may be disqualified.**

## Tips for Your Video

- Focus on energy efficiency and saving resources.**
- Include quantifiable savings information from a .gov source like [energy.gov/save](https://energy.gov/save).**
- Use good judgment – no horseplay or unsafe behavior.**

**For full contest rules and details, scan the QR code below or visit our [Contest Page](#).**

**Have questions? Contact us at [contest@njng.com](mailto:contest@njng.com).**



### **NO PURCHASE NECESSARY.**

Begins Monday, September 8, 2025, and ends Friday, December 5, 2025. Open to legal residents of New Jersey who are at least 13 years old and a high school student (traditional or homeschooled) in NJNG's service territory at time of entry. Void outside of New Jersey and where prohibited. For Official Rules, go to <https://www.njresources.com/community/education/poster-and-video-contests.aspx>. Subject to full Official Rules.