

VIDEO SHARING INSTRUCTIONS

Please film yourself standing or seated with the light in front of you and deliver your story right into camera. Frame yourself from the waist or rib cage to the top of the head so we can see your expressions clearly and close up. It is important that you are in an area that is quiet and well-lit (but without a light source directly behind you.)

If you are using your phone, please make sure you set your phone up horizontally and have a place that you can put it down/prop it up, so that we can see you clearly (and steadily). Please use the high quality video. (We prefer 1080p as 4K or better makes it difficult to manage on our website).

Please film your share in the following order:

1. Introduce yourself and explain what topic you will be sharing about. (If your are a minor, please do NOT use your full name. Do NOT give information about where you are specifically located.
2. Give a little background on yourself... hobbies, interests...etc.
3. Talk about your story, explain what happened and how it affected you.
4. Talk about what you did to cope with or overcome the challenging time.
5. Give encouragement to those who may be going through the same thing. Let them know that they are not alone. Perhaps inspire them to get help?
6. Please limit the video to under five (5) minutes long.

You may edit your video yourself before sending it to us, or we will edit the video according to the “Sharing Questionnaire” that you will have filled out.

Please email your videos to: info@sharemycope.com. All videos in one email would be ideal. If the files are too big and you need to send in multiple emails please make sure you let us know in the subject of your email, something like: “Your Name – Share Topic – Video 1 of 3” • The preferred method of receiving videos is wetransfer.com, if possible.

****Receipt of these materials obligates you to a non disclosure agreement. That includes keeping these materials off of the internet, social media, and not forwarding this to anyone other than Share My Cope Inc.****