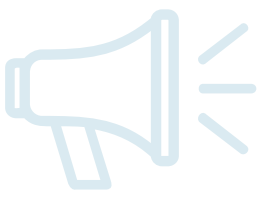


**Selfie
photo**



video guide

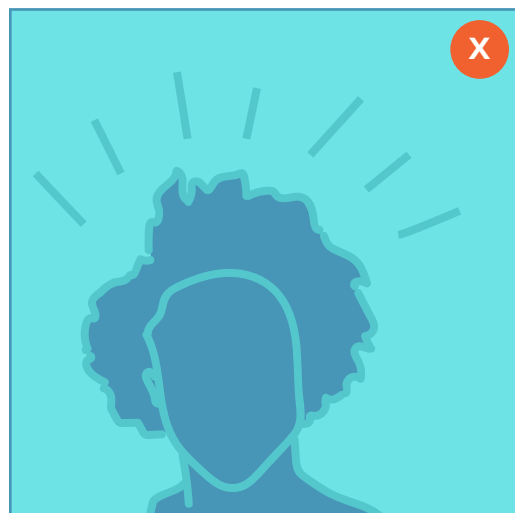
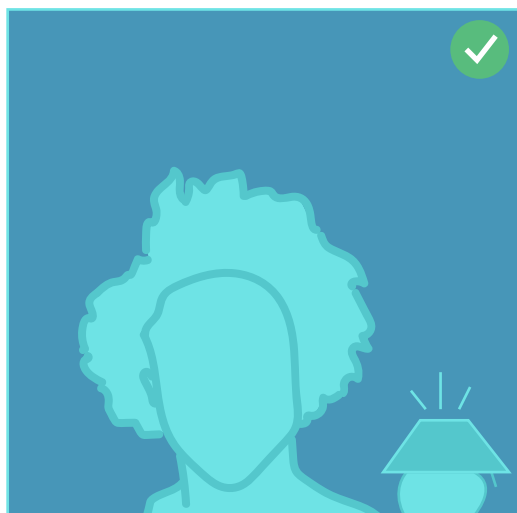
why selfies?



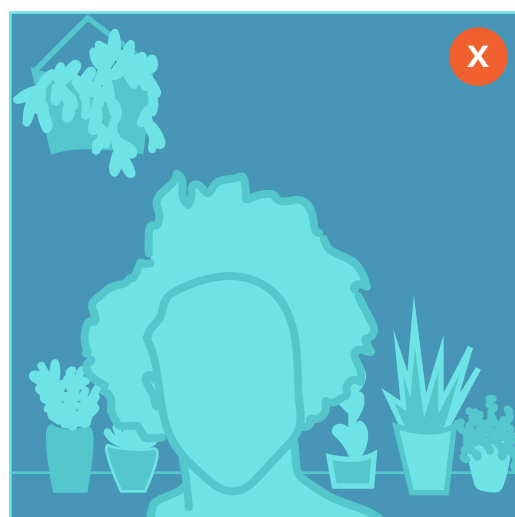
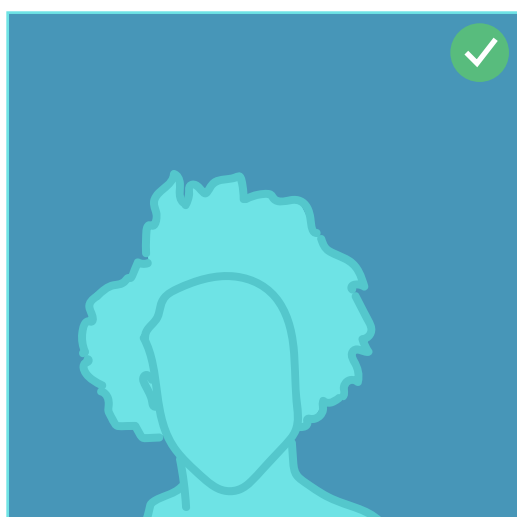
**your.
voice.
matters.**

Personal stories are one of the most powerful tools we have to change minds. Our stories can cut through the clutter and noise and convince people to take action.

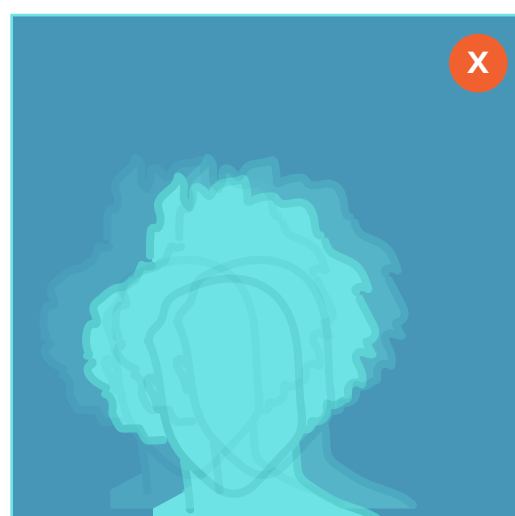
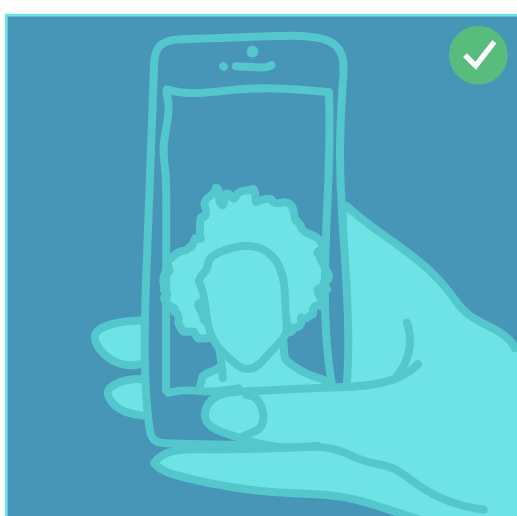
getting started



Find a quiet place with bright lighting. Daylight works best! But make sure you aren't standing in front of the light!

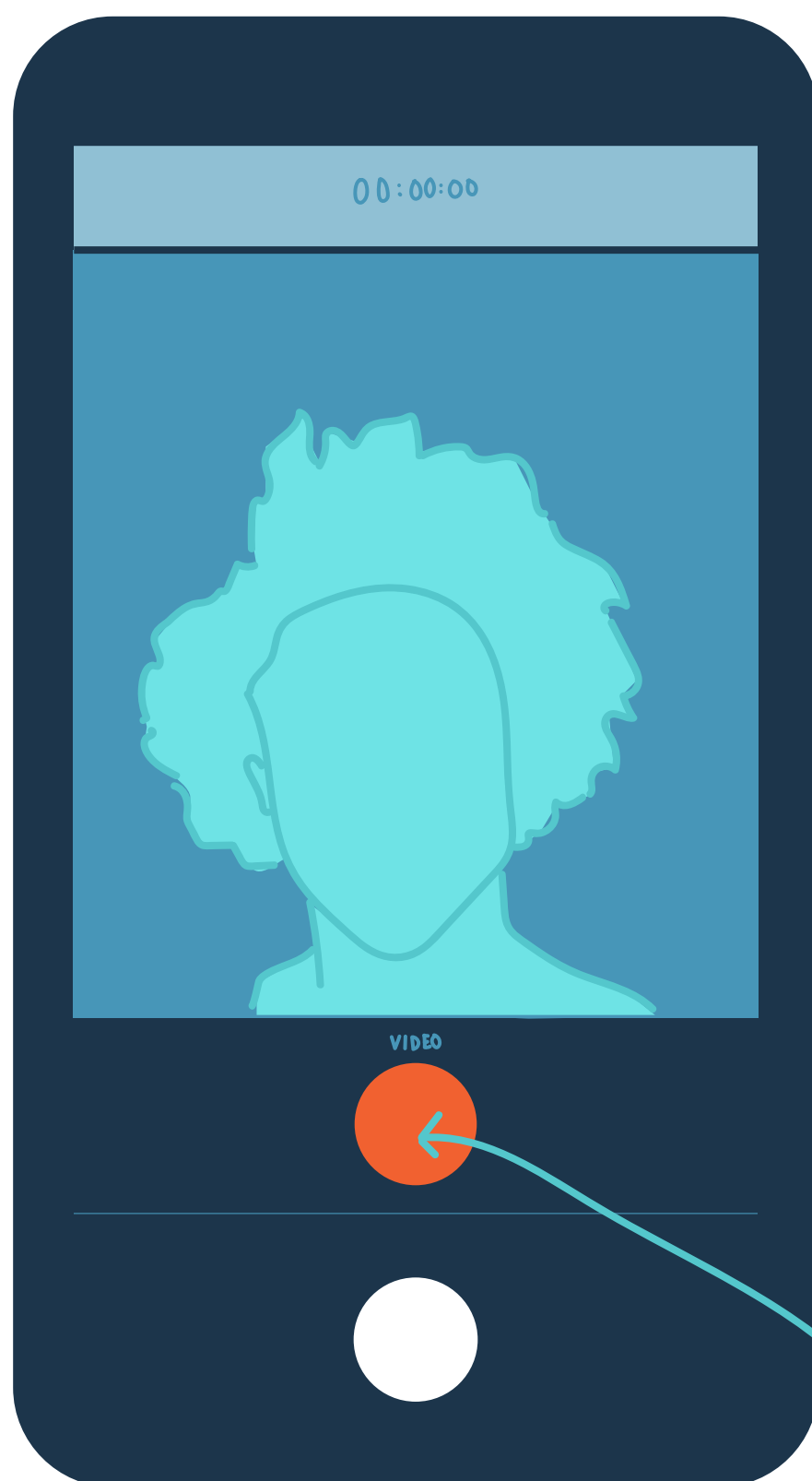


Take a look behind you: Choose a background that's not too busy or distracting so people can focus on your message.



Keep a steady hand when recording your selfie. It's okay to ask a friend for help, or use a selfie stick!

make your video



step one: press record

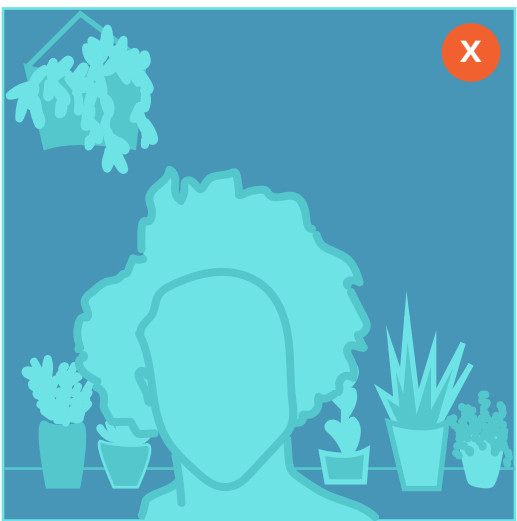
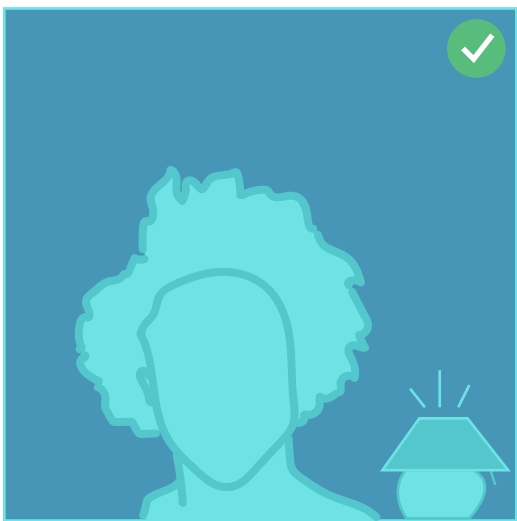
step two: share your name,
city, + your personal
connection to the issue

step three: share your story.
Don't be afraid to
be emotional or use
casual language.

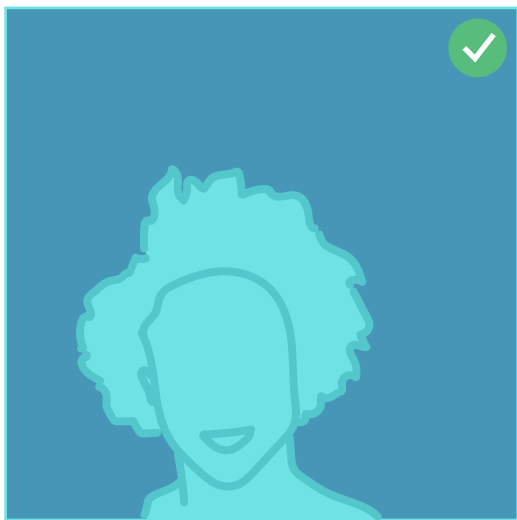
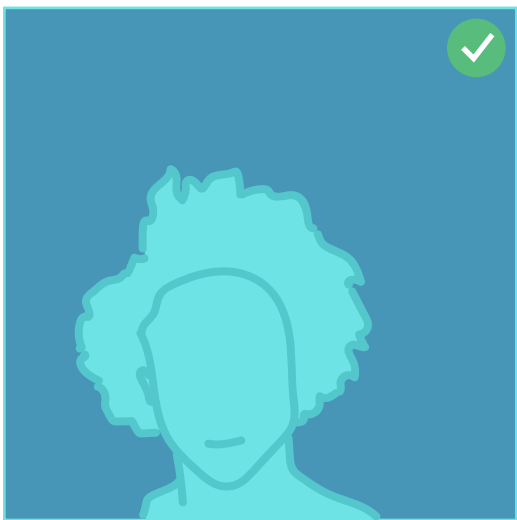
step four: press stop. you did it!



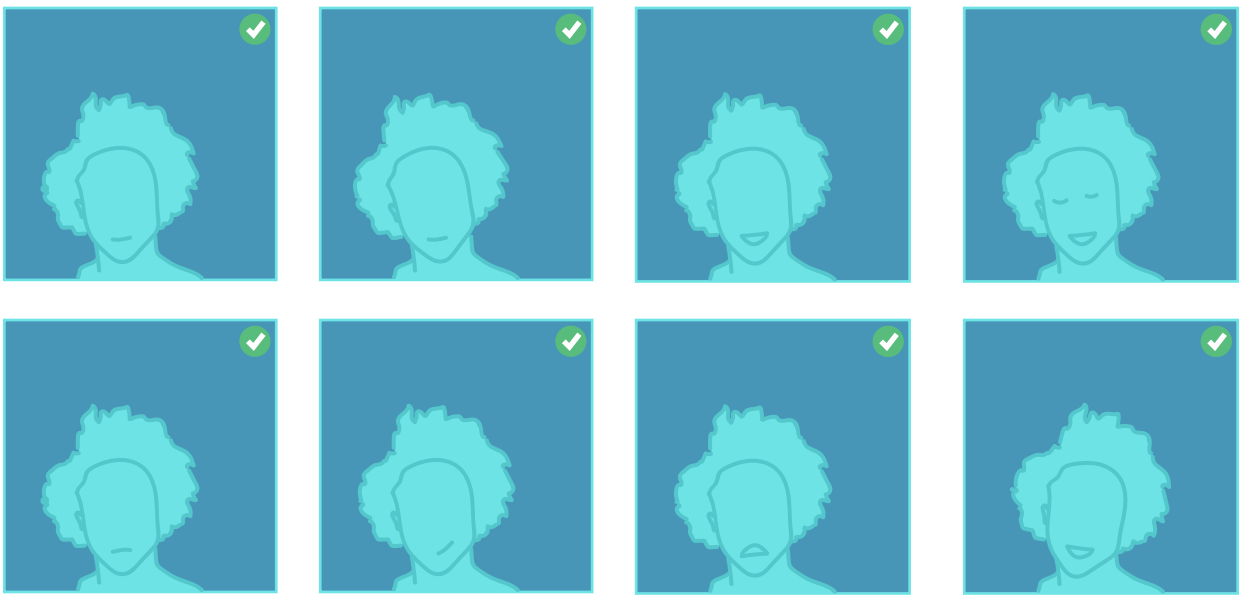
taking a photo?



Choose a location with bright lighting and a non-busy background. Daylight works best!



You can be serious OR smile—
it’s up to you!



It’s okay to take a bunch and
send them to us.

