

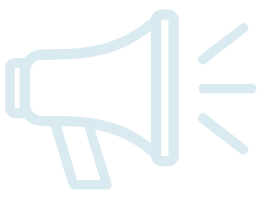
**Selfie**

**photo**



**video guide**

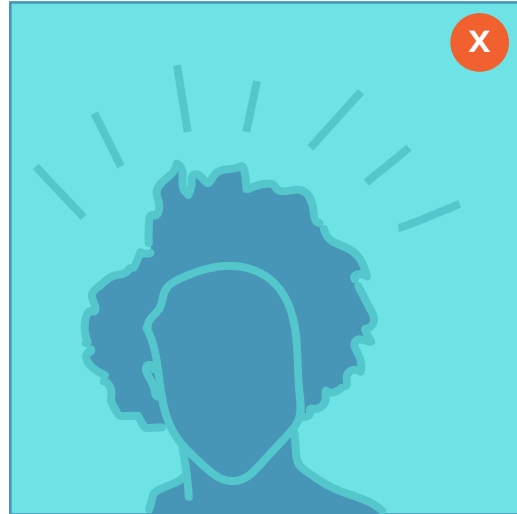
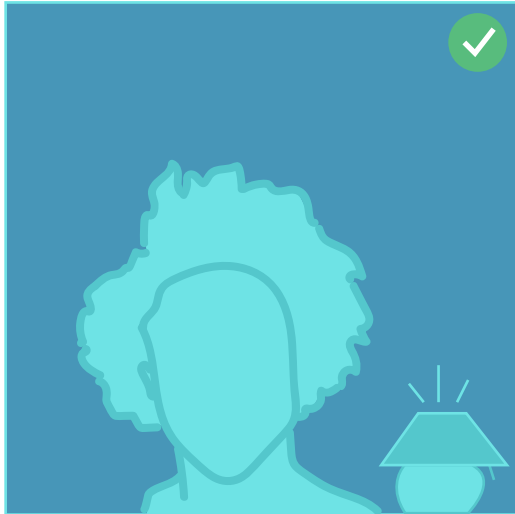
why selfies?



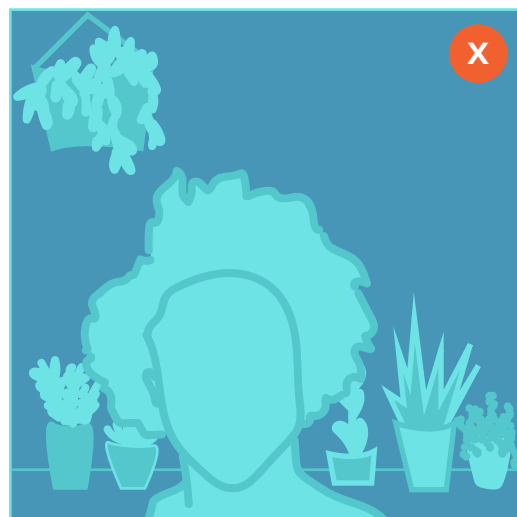
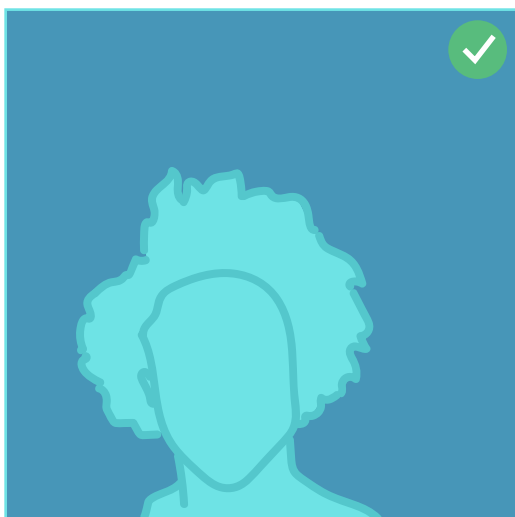
**your.  
voice.  
matters.**

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.

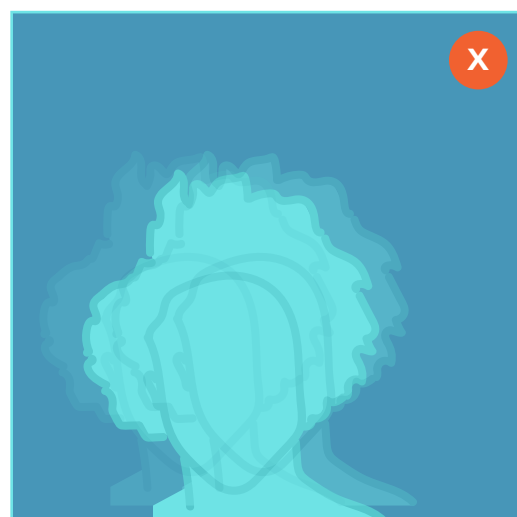
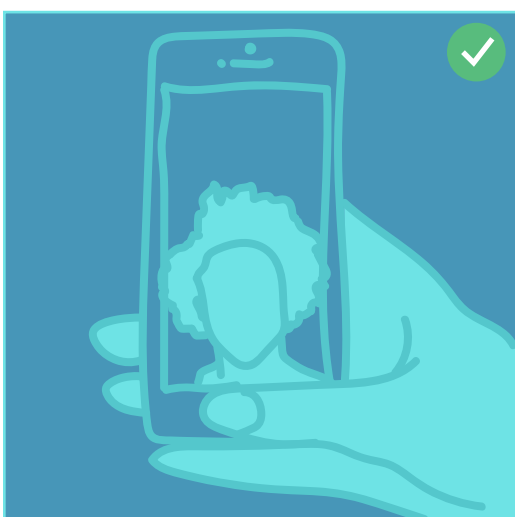
## getting started



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

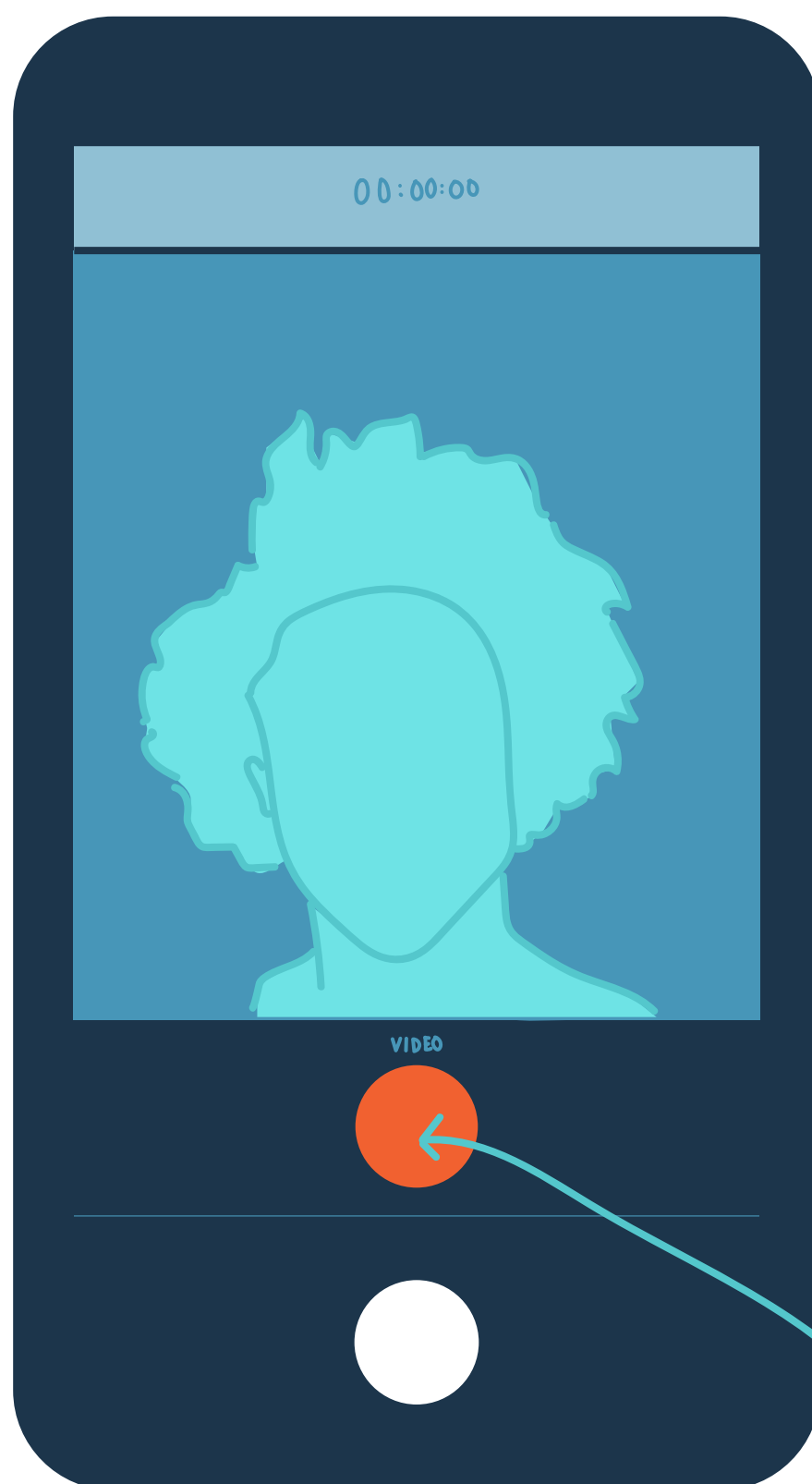


**Take a look behind you: Choose a background that's not too busy or distracting so people can focus on your message.**



**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

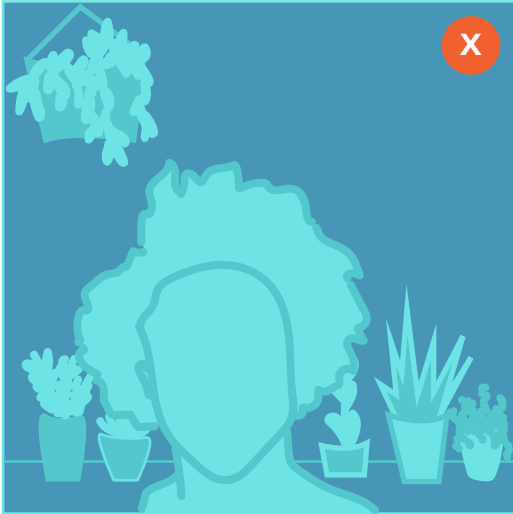
**step two:** share your name, city, + your personal connection to the issue

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

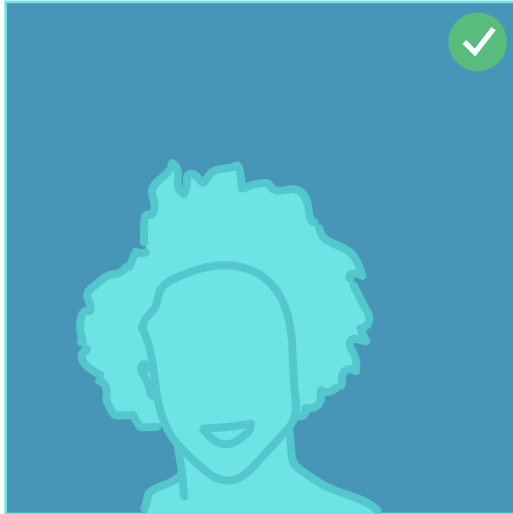
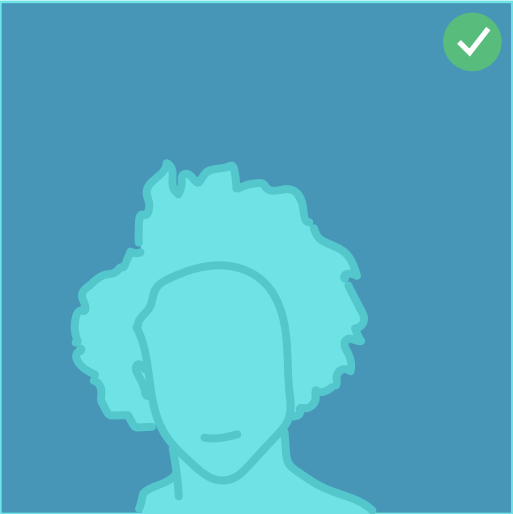
**step four:** press stop. you did it!



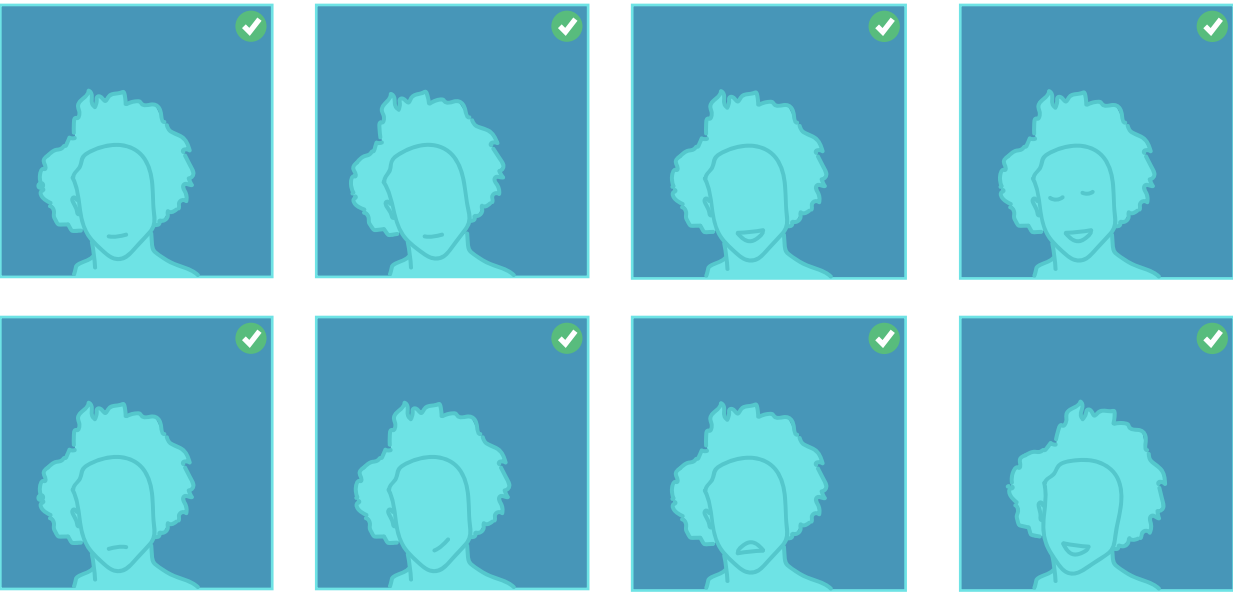
taking a photo?



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.

