



# Share Your Story

## Instructions for Recording and Sending Your Video Submission

Thank you for choosing to share your story with us!  
Follow these simple steps to record and send us your video:

### Recording Your Video:

1. Find a quiet and well-lit space to record your video. Natural light is best, but make sure you're visible and the background isn't too distracting.
2. Use a stable surface or tripod to keep your device steady while recording. If using a smartphone, prop it up securely or ask someone to hold it for you.
3. Make sure your device is set to record in portrait mode (vertical).
4. Introduce yourself briefly: your name, where you're from, and the topic of your story.
5. Keep your video concise; limit it to 90 seconds. Focus on introducing yourself and sharing 1-2 key highlights from your narrative.
6. Speak from the heart!

### Sending Your Video:

1. Once you're happy with your recording, check the audio and video quality to ensure everything is clear.
2. Attach your video file to an email addressed to [comms@afabc.org](mailto:comms@afabc.org).
3. In the subject line, please include "Video Submission: [Your Name]".
4. Hit send, and you're all done!
5. If the file size is too large to send via email directly, consider using a file-sharing service like Google Drive, [Dropbox](#), or [WeTransfer](#).

### Important Notes:

1. By submitting your video, you grant us permission to use it across our digital platforms for storytelling and advocacy purposes.
2. Do not include music, images, or third-party content in your video.

Thank you for being a part of our community and for sharing your voice. We can't wait to highlight your story!