



## Video Guidance

It Gets Better UK exists to tell your story, and to inspire and empower young LGBT+ people. The aim is to both archive the stories of LGBT+ people, but also to combat the high levels of self-harm and suicide in LGBT+ youth by providing role models and the positive messages that 'It Gets Better'.

Thank you for thinking about adding your story to the It Gets Better UK community. Below we've created some guidance so that you can add your voice, and your message to our platform. Your history, your words, your message can change the lives of thousands of young people.

Everyone's story is different, and we want to recognise that. So whilst the steps below are intended to act as a steer and provide a few prompts, we acknowledge that your story might not perfectly fit, and that's okay. If you want any more advice before you start recording then just drop us an email at [info@itgetsbetter.org.uk](mailto:info@itgetsbetter.org.uk).

Please have a look at our [website](#) to see some of the stories that have already been told, to give you inspiration.

### Your story:

1. Introduction

Who you are? – say your name (if you want to just use your first name then that's fine) and one or two things that identify you (for example: profession, city, passion).

2. Development of your powerful message

Talk about your childhood? How did you tell the world? What happened? Who supported you? What worked or helped you in your life to accept who you are? Why was that important to you?

3. It Gets Better UK message:

Why was it worth it? How did everything improve? What would you like to say to young people who are going through difficult times? What would you have liked to say to yourself when you were younger? Please finish your video with the words 'It Gets Better'

### How to record your story:

1. Choose a quiet and private place.
2. Please leave a short pause at the beginning and end of the video.

3. Record the video from your computer, digital camera or mobile phone. Use the highest quality setting available. Videos should be recorded in any of the following formats: .MOV, .MPEG4, .AVI, .WMV, .MPEGPS, .FLV, .3GPP, WebM.
4. Add light from the front, not from behind.
5. The ideal length is between 2.5 to 7 minutes.
6. Upload your video at [www.itgetsbetter.org.uk/get-involved](http://www.itgetsbetter.org.uk/get-involved)

### **What happens next?**

1. We will review your video and if we have any queries we'll of course let you know.

Videos will not be accepted if:

- The items contains offensive, vulgar or violent content;
- The item describes suicide in a positive way, encourages people to harm themselves or makes suicide seem like a normal or accepted solution;
- The item is perceived to as being insensitive to or exploiting suicide deaths or surviving family members;
- The item could lead a viewer to experience anxiety, depression or feelings of isolation and despair;
- The item suggests that a person should not seek help if feeling anxious, depressed, isolated or suicidal;
- The item misrepresents data about issues pertaining to suicide or youth; or
- A variety of other reasons that may lead a person to experience mental, psychological, emotional or physical harm.

2. Your video will be an important part in inspiring and empowering LGBT+ youth. We will drop an email when it's uploaded, so please share it with your friends and get your story out there!

On behalf of all of us at It Gets Better UK, thank you for taking an interest in the work we do, and for adding your voice in our journey to inspire and empower young LGBT+ people.