



HOW TO MAKE YOUR PROUD2BE VIDEO:

1. You can use your digital/video camera, webcam or mobile phone.
2. Make sure the volume setting on your recording device is up high before you begin.
3. Make sure your video includes the phrase: 'I am (name) and I am proud to be...a lesbian/gay/a transgender woman/a supporter of the LGBT+ community etc.)
4. Make the video message your own and let everyone know a bit about you and your journey.
5. Keep the video under four minutes.
6. Don't worry about editing your video. Keep it simple- it will make the message even more effective.
7. For inspiration you could check out other Proud2Be Videos [HERE](#).

HOW TO GET YOUR PROUD2BE VIDEO TO US:

1. To submit your video you can either upload it to your own YouTube account (If you don't already have a YouTube account you can [Sign In](#) to YouTube with your Gmail account or [Sign Up](#) - It only takes a couple of minutes). Then send us the video URL or your YouTube channel name via the contact form on the [Proud2Be Campaign](#) page on our [website](#).
2. Alternatively you can email the video file to us (info@proud2beproject.org) via a free file sharing site like [www.wetransfer.com](#).