

TIPS

- You can either self-record yourself, or have someone film you - either is fine. Videos should be approx 20-60 seconds long. Will not consider 'one word' or brief one sentence answers.
- If you choose to submit a photo, it must somehow answer the prompt (and a caption will be required). Most likely you already have a photo on your camera roll or social media that answers one of the prompts below.
- Make sure the lighting is good (no backlighting)
- No crazy background noise (we need to be able to hear you clearly)
- Instead of just recording your answer straight to camera, you are encouraged to be creative. Action or activity on camera besides just talking is a plus.
- FOR VIDEOS - NO SLATE - Simply state the PROMPT (below in blue) you chose, followed by your answer (through words, and or/actions)

HOW WILL YOU ANSWER A PROMPT?

NOTE: These are just suggestions you can potentially incorporate- not required. Your answer should feel personal to you.

- **"I was raised to believe"**: If possible, could you actually do the thing you were raised to believe? i.e.: If you say you were raised to believe that if you see trash, you should pick it up, while you're talking. If you say you were raised to be kind to animals, can we see you doing something with animals while you're talking?
- **"The tradition I carry on is..."**. Can you show us some part of the tradition while you're talking? A part of a traditional outfit, a dance step, cooking traditional food, etc. *This may be best for an existing photo already on your social media or camera roll.*
- **"What keeps me up at night is..."** Perhaps you could record this while in bed with most of the lights off? Whisper it with the phone's light on while under the covers?
- **"When I step outside my door..."**. You could hold the phone filming forward-facing and walk through your front door while talking. *This prompt can also be a picture of what you see outside your door (skyscrapers, mountains, nature, the ocean etc)* OR describe your immediate neighborhood/community more figuratively, like "I see a community that's really struggling..." or "I see a lot of people who look nothing like me, and I feel..." or "I feel proud of what I see, because..." etc.
- **"Most days I feel..."**. If there's something physical to show while talking, please do.
- **"A day's work is..."**. Show yourself actually working. You don't even need to talk — could record yourself working and fill in the answer as your caption. Or use a forward-facing camera to walk through your workplace while answering the prompt.
- **"My greatest challenge is..."** If there's something physical to show while talking, please do.
- **"My parent(s) wanted me to..."** You could start out by showing a picture of yourself when you were younger (or some object from your youth) and then turn the camera to yourself and "reveal" who you turned out to be.
- **"My Saturday night looks like..."** Film it on Saturday night while doing the thing you do. OR could be an action shot of you dancing, singing, bowling, skateboarding, or whatever you usually do on a Saturday night.
- **"My American story started when..."** This answers question - when did your family arrive in America? Show any family heirloom or object that's been passed down to them from the person who arrived in America. Or if you yourself immigrated, you could show your green card, airline ticket, the suitcase you traveled with, etc.
- **"You don't know what it's like to..."** If there's something physical to show while talking, please do.
- **"What gets me out of bed in the morning is..."** Film it while getting out of bed in the morning!
- **"The people I relate to most are..."** Think in terms of "community" (LGBTQ, FAITH BASED, FIREFIGHTERS, GAMERS, SPORTS FANS, ETC) instead of "qualities" such as kind or creative.. Suggestion: Film it while hanging with/surrounded by your people
- **"I took a risk when..."** Show off some memento from the time you took a risk. Or show off the reward that came from that risk