

# Share Your Story Video Project

## Introduction:

The best way to inspire young girls to lead is by example. Knowing this, we are excited to announce the launch of the Share Your Story Video Project. We sincerely hope that you will take some time out of your busy schedule to film a brief video for our project. Below, you will find instructions for recording and submitting your video.

## Step One:

Record a short video, between 90 seconds and 2 minutes in length. The video can be recorded on your:

- phone
- laptop
- digital camera

You can record your own video using a front-facing, or selfie, camera. You can also have a staff or family member record the video for you. Make sure there is no background noise, a simple backdrop, and bright lighting in your video.

## Step Two:

**Answers to the questions below should be included in your video. Please begin each answer with a summary of the question (I ran for office because...etc.)**

1. Introduce yourself (Name, Title, City, State)
2. Why did you run for office?
3. What challenges and advantages have you faced as a woman in the public service?
4. What is your message to young women?
5. What is a fun fact about you?

## Step Three:

Please send your video to [emily@womenlegislators.org](mailto:emily@womenlegislators.org). If you have any questions, you can call us at (703) 518-7931.

## Thank You:

Thank you for taking the time to share your story! We are excited to share these videos with NFWL members and women across the country. Your story could be the catalyst that encourages a woman to run for office. We look forward to celebrating Women's History Month by sharing your story!