



Yes! Access

Video Recording Tip

Sheet

How to Film Your Story Simply and Powerfully

How to Film

Use the device that works best for you. Consider the following options:

1. **Use your phone**

- Use the rear camera on your phone if possible — it's usually better quality.
- Record with your camera on its side so the video works for more platforms
- Prop it up at eye level so you're not looking up or down.

2. **Use your laptop or computer camera**

- Most computers come with built in software to record through your camera
- You can also consider online software or apps, like Zoom or TikTok (avoid using filters)
- If needed, prop the device up so the camera is at eye level

3. **Film from two angles**

- If you can set up two cameras, this will give us the option to cut footage between the two

- One can be set directly facing you and one from the side

Lighting

Consider the following options for lighting:

1. **Use natural light**

- Natural light is best
- Face a window with soft light coming in
- Avoid back lighting (light behind you)

2. **Use a ring light or lamp**

- Position a light in front of you to light your face
- Move it further away if it is too bright or harsh

Sound

Sound is one of the most important things for a good video. Consider the following options for sound:

1. **Keep it quiet**

- Turn off any ringtones or notifications on your phone or other devices.
- Turn off the TV and any other noisy devices like fans and other mechanical devices.

2. **Use your device**

- Phones or computer often have good audio capturing these days.
- Position yourself close enough and speak aloud enough to capture it well

3. **Purchase a low cost microphone**

- You can find low-cost microphones online that will plug into your device.

Before Your Film

Here are some things to consider to prepare you for filming.

1. **Know what you want to say**

- Use the Story Prompt document to shape your message before you hit record.
- Keep it focused. Tell one story at a time and know what you want to achieve with the story.
- Keep it real. Be yourself.

2. **Make sure you're comfortable**

- You want to appear relaxed. Choose a spot that is comfortable and quiet.
- Consider a fan since you may get warm.
- Consider having a glass of water nearby – especially if you might talk for a while.

3. **Make sure you have all the equipment you need**

- Have recording equipment, notes, and anything else you might need nearby.

4. **Eliminate distraction and noise**

- Turn off any ringtones or notifications on your phone or other devices.
- Turn off the TV and any other noisy devices like fans and other mechanical devices.

During the Video

Here are some things to consider for filming.

1. **Be Yourself**

- Speak naturally, like you're talking to a friend.
- Don't read off a script.
- It's okay to pause or breathe.
- It's okay to laugh, tear up, or be passionate.

2. **Take time to get it right**

- It's ok to pause and breathe.
- It's ok to take a drink.

- Review the footage to make sure you like it. If it feels real, honest, and clear, you're good.
- It's ok to start over and record again.

3. **Make eye contact**

- Look into the camera.
- Imagine someone's on the other side, listening and ready to care.

After the Video

Once your video is ready:

- Upload it to your preferred platform and tag Yes! Access
- Use the hashtag **#YesAccess #WhatsYourStory #LetsGetReal**
- Submit it to **YesAccess.rights@gmail.com**
- Share it with elected officials and others in the community