

# IT GETS BETTER UNITED KINGDOM

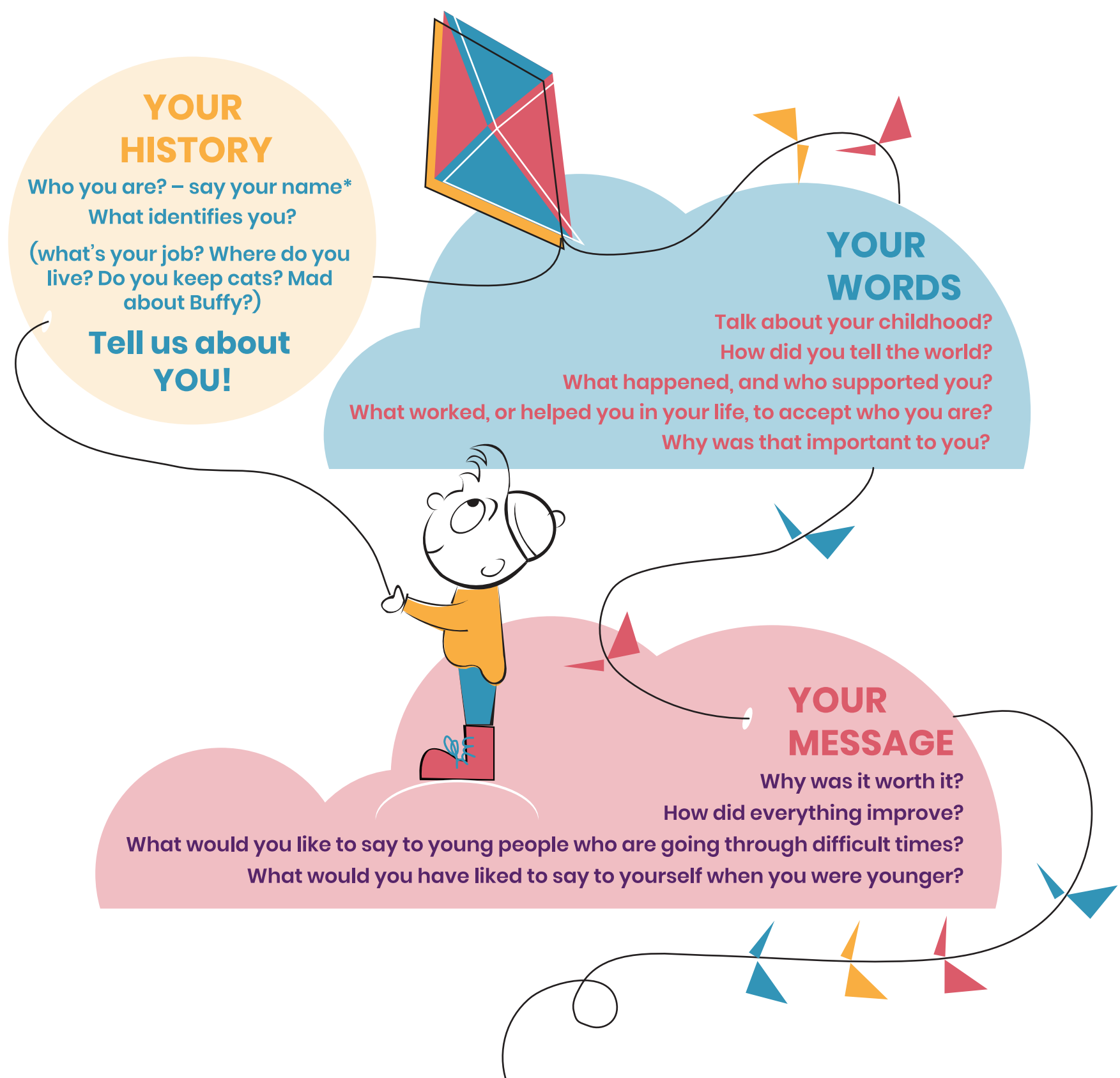
## VIDEO GUIDANCE

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



Please finish your video with the words

“IT GETS BETTER”

\* (if you want to just use your first name then that's fine)

## HOW TO RECORD YOUR STORY

1.

**Choose a quiet and private place**

You're gorgeous:  
light yourself  
from the front!

2.

**Leave a short pause  
at the beginning, and end,  
of the video**

Ideal length:  
2.5 - 7 minutes.

3.

**Record from your computer,  
digital camera  
or mobile phone**

Use the highest-quality  
setting available

4.

**Formats:**

**.MOV  
.MPEG4  
.AVI  
.WMV  
.FLV  
.3GPP  
WebM**

5.

**Please finish your  
video with the words:**

**“IT GETS BETTER”**

6.

**Upload your video  
by clicking [HERE](#)**

WHAT  
HAPPENS  
NEXT?

### 1. REVIEW


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

### 2. SHARE!

Your video will be an important part in inspiring and empowering LGBT+ youth!


# THANK YOU!

## SMALL-BUT-NECESSARY PRINT




### Videos will not be accepted if:

- The item 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 be 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.



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.



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