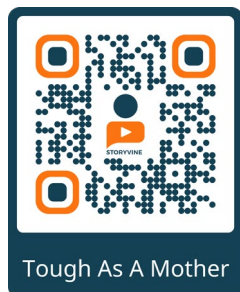


TOUGH AS A MOTHER TRAINING GUIDE



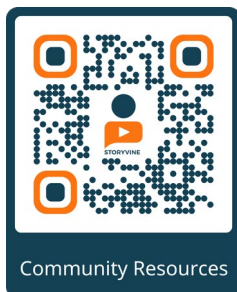
Thank you for participating in the Tough As A Mother video project. This document will guide you through steps and best practices to create your Tough As A Mother video. Once your video is uploaded, it will be routed through Tough As A Mother for approval.

1. SCAN CODE OR USE LINK TO SIGN UP



Tough As A Mother

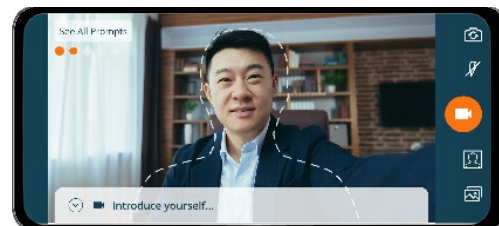
[admin.storyvine.com/app_users/
sign_up/Tough_as_a_Mother](https://admin.storyvine.com/app_users/sign_up/Tough_as_a_Mother)



Community Resources

[admin.storyvine.com/app_users/
sign_up/Community-Resources](https://admin.storyvine.com/app_users/sign_up/Community-Resources)

2. FILM AND UPLOAD YOUR VIDEO



The Storyvine app will allow you to choose from two videoguides. Once chosen, you will be guided step-by-step with the following prompts. Read through these prompts and think about how you might answer them before recording!

Tough As A Mother Prompts	
Introduction	Please repeat this: "My name is _____, I'm from _____ and I'm a mom in recovery."
The moment I knew...	What was the moment you knew you needed help?
The biggest change...	What's been the biggest change in your life since starting your journey?
To my community and loved ones...	What do you most need to say to your community or loved ones?
Call to Action	Please repeat this: "My name is ____ and I'm Tough as a Mother."

Community Resources Prompts	
Introduction	Please share your full name and the resource or organization you represent.
Services provided...	Tell us about a service, resource, or topic you believe is valuable for pregnant & parenting people (P&PP) and their families.
A real-life example...	Share a real-life example of how this resource/organization/topic has, or could, make a difference in the lives of P&PP. (Avoid sharing identifiable patient information, if applicable).
Call to action...	Complete this sentence: "After watching this video about [resource/organization/ topic], I hope you _____."
Tagline	Please repeat the following: "This message is brought to you in partnership with Tough as a Mother."

TOUGH AS A MOTHER TRAINING GUIDE



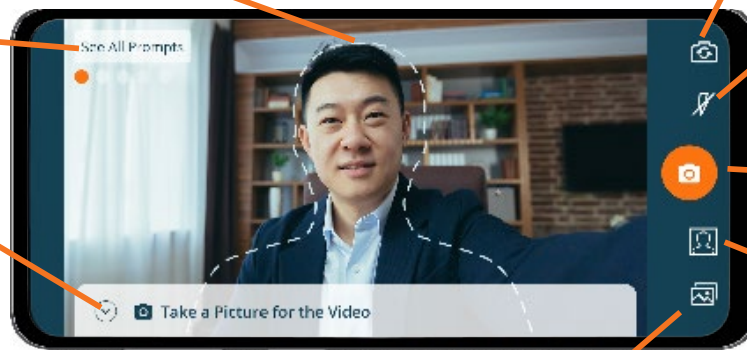
UNDERSTANDING THE STORYVINE INTERFACE

Use the white dashed outline as a guide for where to stand in the frame.
Tap the subject's face to focus.

Tap here to flip to **SELFIE** mode.

Tap here to go back and see any prompt you have recorded.

Tap here to display coaching prompts.

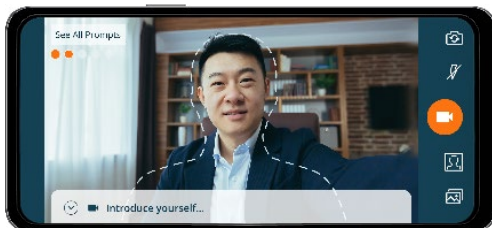


Tap here to turn **FLASH** on or off.

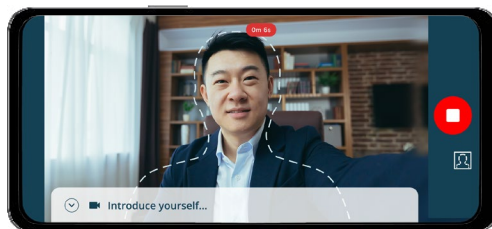
Tap the **CAMERA** to take the picture.

Tap here to turn the **DOTTED OUTLINE** on or off.

Load a photo or video from the **CAMERA ROLL**.



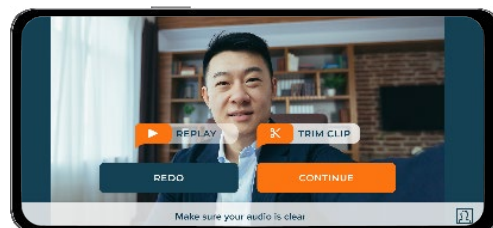
Tap the **VIDEO CAMERA** to start recording.



The **RED** button means you're recording.

Tap it to **STOP**.

The **TIMER** shows how long you've been recording this segment.



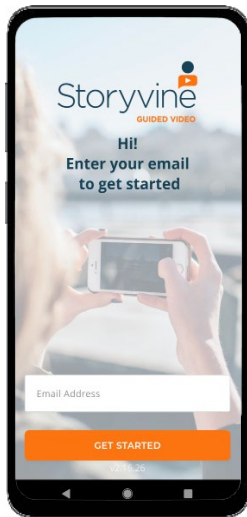
Tap **REPLAY** to review the clip.

Tap **TRIM CLIP** to trim the beginning or end of a clip.

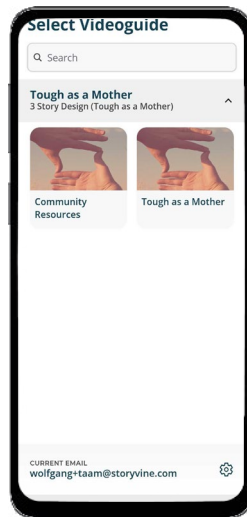
Tap **REDO CLIP** to film again.

Tap **CONTINUE** to move onto the next take.

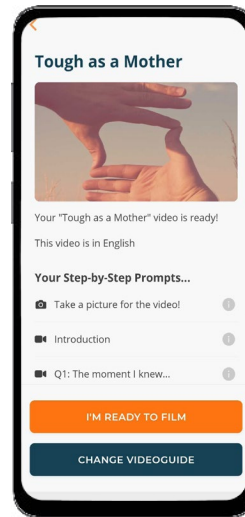
FOLLOW THE IN-APP PROMPTS



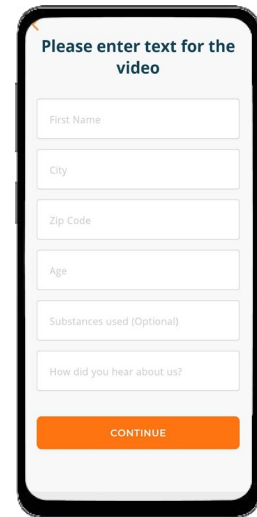
Enter your email.



Select your VideoGuide.

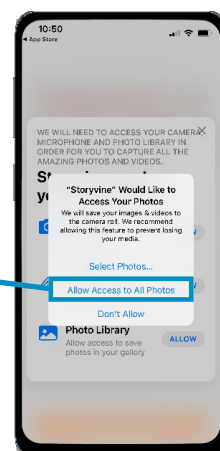
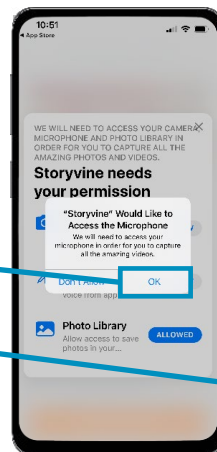
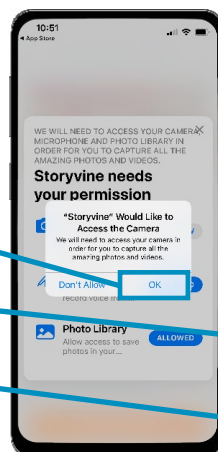
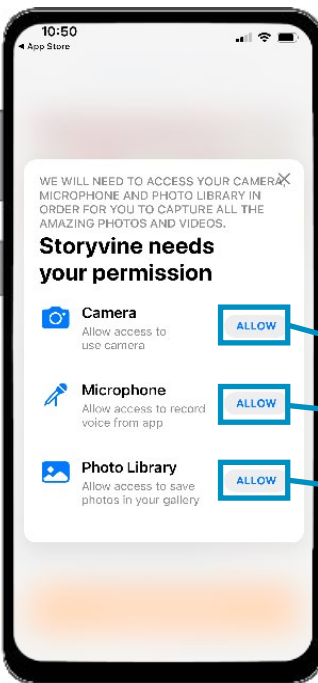


Review synopsis.



Enter text data.

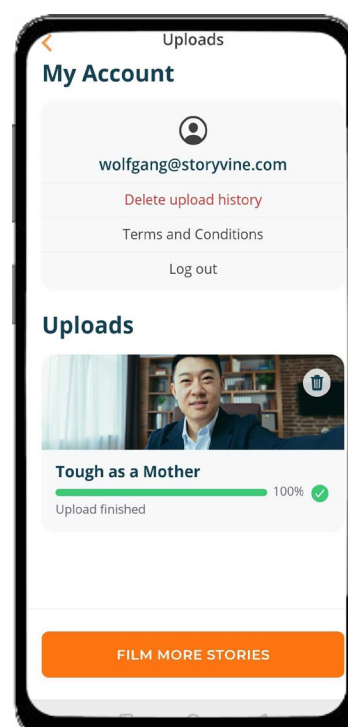
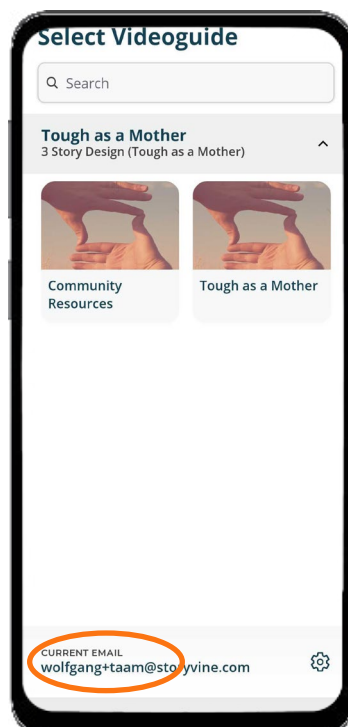
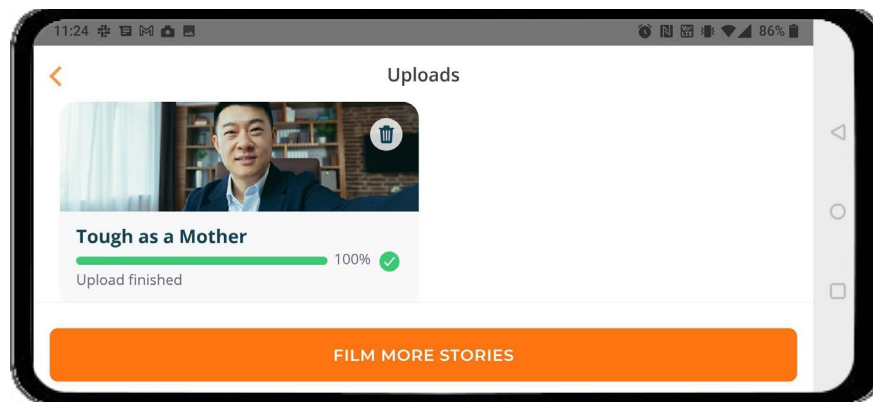
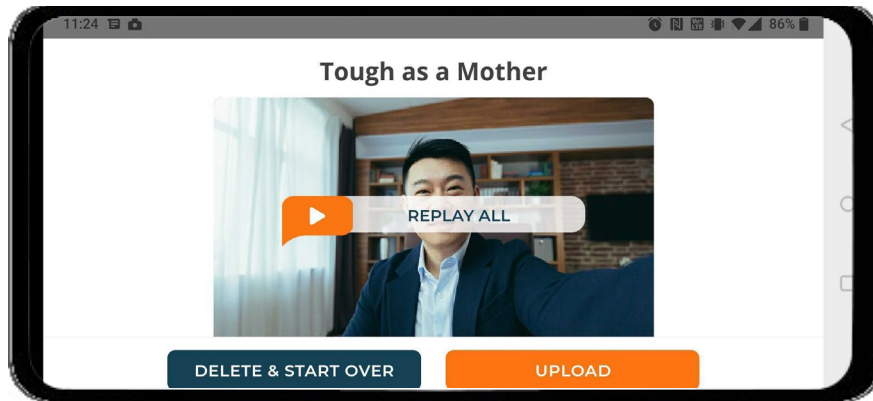
CLICK "ALLOW" AND THEN SELECT "OK" TO STORYVINE PERMISSIONS



TOUGH AS A MOTHER TRAINING GUIDE



UPLOAD YOUR VIDEO



If a video “disappears” during upload, tap bottom left to access the upload queue and check the status.

FOLLOW THE PRO TIPS HERE TO AVOID THE MOST COMMON MISTAKES WE SEE

VideoGuide: Step-by-Step Guidance

The Storyvine app is designed to make it very easy for you to film professional-quality video clips, then have a full video put together by an automated editing system. The VideoGuide walks you through exactly what to do and say to look your best. The Pro Tips here are the most common mistakes people make if they aren't used to filming video. Follow these tips, have fun, and most importantly, be yourself!

Pro Video Tip #1

LOOK INTO CAMERA WHEN RECORDING SELFIE VIDEOS

**LOOK
HERE** →



www.Storyvine.com | hello@storyvine.com

Pro Video Tip #2

TAKE CARE IF FILMING IN FRONT OF BRIGHT WINDOWS



YES



NO

www.Storyvine.com | hello@storyvine.com

Pro Video Tip #3

AVOID FILMING SUBJECTS AGAINST A BEIGE WALL



YES



NO

www.Storyvine.com | hello@storyvine.com

Pro Video Tip #4

DON'T ACCIDENTALLY COVER UP THE MICROPHONE



**MIC IS
HERE**

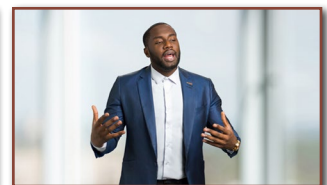
www.Storyvine.com | hello@storyvine.com

Pro Video Tip #5

DON'T READ A SCRIPT OR TRY TO MEMORIZE



YES



NO

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