



Record your message of transformation and it will be featured in "Las Adas," an exhibit at the **Museo de las Americas** in Denver for **Domestic Violence Awareness Month** in October.

*What is a message of transformation?*

*Reflections on your journey, ways you find or make meaning, ideas of renewal or rebuilding, **any thing you want to share with others about your experience in one or two sentences.***

*The recordings of the messages will be played alongside an installation of original pieces of art from survivors and advocates from across the state.*

Feel free to reflect on the following questions:

- How have my experiences transformed me?
- What hopes do I have for myself and my children?
- What are my greatest and most beautiful strengths?
- How do I envision my new beginning?

#### **How do I record my message?**

You can record it yourself with a smartphone using the recording and submission tips.

OR

You can submit a written message which will be read and recorded by Colorado Coalition Against Domestic Violence Survivors' Caucus.

*Throughout the process, any personal identifying information will be kept confidential.*



#### **Examples:**

***Because of what I have experienced,  
I am more compassionate toward  
others.***

***I learned to trust myself.***

***I know who I am. I am brave.***

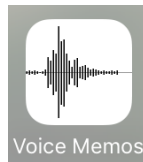


## Recording Tips

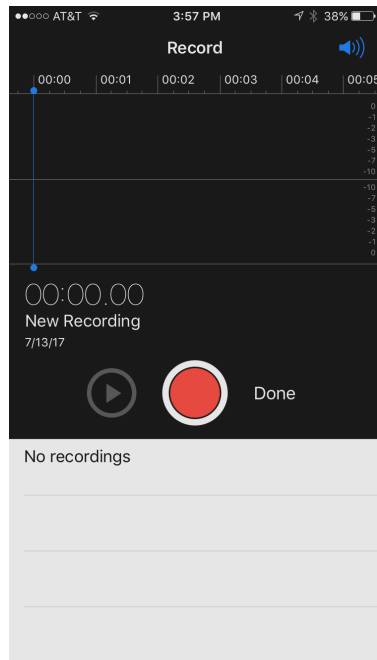
- When recording, try to find a quiet space that is on the smaller side, to minimize echoing effects
- Hold the phone microphone about 6 inches from the speaker's chin.
- Begin by pressing record and let the app record silence for 5 seconds. Say your message. Before ending your recording, record another 5 seconds silence. Press stop.
- Take a moment to review the recording with headphones on. Feel free to re-record if there was an interruption, overwhelming background sounds, or it is difficult to hear you speaking.
- Rename your recording First Name, Last Initial.
- Get ready to send to **ccadv.dvam@gmail.com!**

**For iPhone** use Voice Memos:


*It is an app already available on your phone.*



Use the recording tips above to record your message.



To Send:

- Select your recording
- Press 
- Choose your preferred email app and send!

For the subject line of your email, please use:  
**(Your Initials) DVAM Message**

**For Android** download:




**Hi-Q MP3 Voice Recorder (Free)**

Audiophile  
Everyone

Use the recording tips above to record your message.

To Send:

- Press 
- Select your recording, a menu of options will pop up
- Rename it First Name, Last Initial
- Select your now renamed recording again, press Share/Send
- Choose your preferred email app and send!

