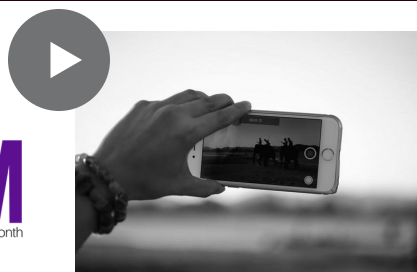


# STAND UP #DVAM2017 VIDEO CHALLENGE



## THE CHALLENGE

Create and share a short video of how YOU (and your friends, colleagues, and/or family) are standing up to relationship violence and for healthy relationships! Use hashtag #StandUPCO and #DVAM2017 to enter to win great giveaways!



## UPLOAD AND ENTER TO WIN

Pull up video on your phone.

Click "Share," often a symbol like this:



Choose which social media platform to share it with:



Write a caption. Don't forget to include #StandUPCO and #DVAM2017 and tag CCADV

Click "Post."

## TIPS FOR CREATION

Plan out your idea ahead of time  
Who will be in your video?  
Where will it take place?  
What materials do you need? (phone with recording capabilities, props, costumes, etc.)

If you are holding a sign or letters, make sure that they will be visible

Good options: Cut-out letters, or dark letters that are filled-in

Give clear instructions to your participants. What actions do you want them to do? Where do you want them to look? (straight at the camera, off camera, smile, not smile, etc.)

Get creative. If you have time and access to iMovie or another video-editing software, you can cut clips, add music and more!

....Or, keep it simple! Remember, the point is to spread SUCO messaging and show your commitment to helping end relationship violence. This doesn't have to be flashy.

Keep it short. This makes it accessible for your audience and easier for you!

Have fun!