

Share Your Flare Video Instructions

flare

\ fler \ noun

1. a fire or blaze of light used especially to attract attention, illuminate, to send a message or signal.

> Do you or someone you love identify as LGBTQ+?

> Interested in helping others feel less alone on their LGBTQ journey?

It only takes 5 minutes to watch our Project Flare video

<https://tlc4kids.org/project-flare/>

> Now consider sending your own message, (aka Flare) to LGBTQ+ foster youth who need to know they are not alone.

Here's How to Make Your Own Share Your Flare Video:

TLC's original Project Flare videos <https://tlc4kids.org/project-flare/> were professionally filmed by Eric Ivey Productions. However, anyone can support Project Flare's efforts to undo aloneness, isolation, and depression by sharing YOUR Flare! **Simply grab your Smartphone, GoPro, or other video recording device and follow these simple instructions below:**

Step 1: Find someone you trust to film you or just set up your tripod.

Step 2: Spend some time pondering the Interview Questions provided, in step 3, then hit record.

Step 3: Share Your Flare Interview Questions

- a) **How do you identify?** (lesbian, gay, bisexual, transgender, queer, intersexed, asexual, straight, BIPOC, AAPI, gender non-conforming, pronouns, foster youth or parent, adopted etc.).
- b) **When did you begin to realize or think about your identity? AND/OR** What's unique about the way you identify?
- c) **Who was the first person you came out to and what made you choose them?**
- d) **What has it been like to experience acceptance?**
- e) **What's been hard or challenging about your journey?**
- f) **What do you love about who you are?**
- g) **OPTIONAL:** If you watched any of our Flare videos, what was meaningful to you about them?
- h) **What Flare (message or signal) do you want to share with other LGBTQ+ young people OR to Queer Allies OR to anyone who knows or works with LGBTQ+ young people?**

Filming Tip: Make sure your video is 6 minutes or less. **NOTE:** The MOST watched videos are often only 2-3 minutes long. We know it's hard to share your heart in such a short time frame, so do your best. We want other teens, young adults and parents to hear from you!

Step 4: Obtain a release form from a Project Flare Mentor or by emailing a request to ProjectFlare@tlc4kids.org. If you are 18yrs or older, you can legally sign the release form. If you're under 18yrs old you will need your parent, legal guardian, social worker or probation officer to sign the release.

The release allows TLC to upload your Flare video onto its dedicated YouTube Channel and/or other social media platforms to help spread the word that youth are NOT alone on their LGBTQ+ journey.

Step 5: Submit your video as an email attachment to TLC Child & Family Services at shareyourflare@tlc4kids.org or projectflare@tlc4kids.org