



NATIONAL HONOR OUR  
LGBT ELDERS DAY

# LEAD THE WAY

## TO AN AMAZING VIRTUAL EVENT

### HONOR AN LGBT ELDER: SHARE A STORY

#### 1 - PICK THE ELDER YOU'D LIKE TO HONOR

The Elder can be YOU, if you're an elder. OR about an Elder who made an impact on your life in a positive way.

Try to pick a person who is a part of your life. For example, although an LGBT famous person may have influenced your life, that influence is likely not as personal as the impact of an Elder who was or is a part of your daily life. Focus your story on someone who made a direct impact on who you are and how you live.

*If you tell a story about another person, do be certain they would be okay with their name being included. If not, you can always use a pseudonym!*

#### 2 - DECIDE ON YOUR STORY

Here are some prompts:

- Tell a funny anecdote about an LGBT Elder who has made an impact in your life.
- Tell a poignant anecdote about an LGBT Elder who has made an impact in your life.
- As an LGBT Elder, what advice would you give your younger LGBT self.
- A funny story: What's the worst piece of advice an LGBT Elder gave you?
- What's the best piece of advice an LGBT Elder gave you?

#### 3 - WRITE YOUR STORY OUT

Here are some tips for creating your story:

Choose a clear beginning, middle, and end - i.e. this is how we met; this is what was happened; in the end, this is what I learned.

Select IMPORTANT points - i.e. how old you were; what did the person do that impacted your life positively; what struggle did they help you overcome, and so on.

Leave out unnecessary details - don't overload your story with ALL the little pieces - focus on the person and how your life changed.

#### 4 - SUBMIT A WRITTEN POST OR A VIDEO STORY: [LGBTELDERDAY.ORG/SHARE-YOUR-STORY](https://lgbtelderday.org/share-your-story)

##### Written Post:

Provide a picture of you and your Elder if you can.

A medium- to high-resolution (150-300 dpi) JPG, JPEG, PNG, or PDF files will work!

Submit a written story of about 250 - 500 words.

*IF the person is alive, please include their contact information, so we can get their permission to post the story and photo. Otherwise, please use a pseudonym and do not submit a photo.*

##### Video Story:

Record yourself (or have someone record you) using your phone, a tablet, or a computer. Your video should be about 2 minutes but no longer than 10 minutes long.

**Be sure to:**

1. Wipe the lense of your camera clean.
2. Hold your tablet or phone HORIZONTALLY for this.
3. If you're using a phone or tablet, make sure it's stable - lean it against something or use a 'tripod' if you have one. If you hold it in your hands, be sure to hold as still as you can when you record.
4. Follow Betty O Hellno's tips:

## TIPS FOR SHOOTING VIDEO ON YOUR PHONE

(WITH BETTY O HELLNO)

1. SHOOT VERTICALLY FOR INSTAGRAM.  
SHOOT HORIZONTALLY FOR FACEBOOK & YOUTUBE.



4. USE A SIMPLE, CLEAN BACKGROUND.



2. MAKE SURE YOU ARE IN FRAME.



5. USE RULE OF THIRDS FOR COMPOSITION.



3. FACE YOUR WINDOW OR LIGHT SOURCE.



6. MAKE SURE YOUR MICROPHONE IS NOT BLOCKED.



4. Speak clearly and a little slower than you would normally.
5. Using your phone? Put your phone on 'airplane' mode so your recording isn't interrupted and is clearer.
6. Click the record button and start telling your story.
7. Submit your video: [LGBTeldersday.org/Share-Your-Story](http://LGBTeldersday.org/Share-Your-Story) OR post the story to your own Facebook account with @LGBTeldersday and #LGBTeldersday so we can repost your video!

### 5 - WHO MIGHT SEE YOUR STORY?

If accepted, the video would be shared on the National Honor Our LGBT Elders Day website and social media pages. Anyone visiting these pages will may see your video!



Join us on Facebook @lgbteldersday and watch, comment, love, and share the stories posted throughout the day on May 16, 2020.