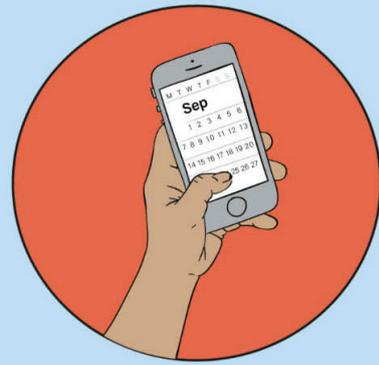


# SCROLL FREE SEPTEMBER



## Vlog Guidelines

- Film vlogs in landscape
- Can you prop your phone up on something to keep it steady? If you want to record your vlog whilst standing up and moving around, be mindful of moving too quickly.
- When framing your shot, think about where you are positioned within the frame. You may want to have just your head and shoulders in the shot and position yourself either right in the middle of the frame, or deliberately to the right or left to show what's in the background. It's okay for the top of your head to touch the top of the frame, but try not to ever cut your chin off if you opt for a closer shot.
- Think about where you are filming your vlog. If you are filming indoors you can take advantage of any natural light in your house by filming facing a window so that the light is shining on your face. A good rule is to make sure that any light source is behind your camera – that way the light will be shining on you and not glaring into the lens.
- Make sure it's not too noisy in the background.
- Just be yourself! Speak naturally, as though you were speaking to a friend. Have an idea of what you will cover in your vlog but don't follow a script.
- At the beginning of your vlog, please tell us:
  - What date is it? How long have you been doing Scroll Free September?
  - Which Scroll Free September plan are you taking part in?
- Some other questions you may want to answer in your vlog are:
  - How have you found it so far? Has it been more or less difficult than you expected?
  - What have you missed the most?
  - What do you not miss?
  - Have you been doing anything else instead of scrolling? If so, please tell us what you have been up to.
  - Have you got any tips for anyone else who is trying to change their scrolling habits?
  - Which celebrity would you most like to see take part?
  - If you could ask change one thing about social media what would it be?