

How to film a high-quality selfie video with your phone and share it

1. Length: A suggested length is 1-2 minutes.
2. Script: Write out at least an outline of what you want to say and practice it a few times, but try not to be too scripted. Being authentic and genuine is what makes these videos so compelling!
3. Orientation: This may seem difficult and unnatural, but shoot the video/hold your phone in landscape or wide mode. This will give the editors more space to work with and is better for sharing on social media.
4. Shutter release: Most new iPhone and Android phones allow you to use the volume knobs on the side of your phone as a shutter release/stop and start button. This makes one-handed recording easier.
5. Angle: Hold your phone higher than your head (not too high!) and shoot downward toward your face.
6. Location: Your background and surroundings should not be the main focus. Hold your phone very steady with some background showing. Try to choose a space with a background color that compliments, not contrasts, your outfit, or emphasizes your script. Your classroom can be the best place for sharing stories about what's happening in your school, but make sure nothing is identifiable, especially when it comes to students' names and information. Outside your school also is a great choice, weather permitting.
7. Lighting: Natural sunlight is the best lighting. Find a spot outside or inside that is not in direct sunlight, but offers the natural light best without any shadows.
8. Test: Do a few sample shots and see what looks best.
9. Introduce yourself: Make sure you say your name and your identifying information (school, district, local union name, position at school or in the union) at the beginning.
10. Make it stable: Try and stay as steady as possible. Use a selfie sticks and other small tripod, if available. Use image stabilization on your phone, if available.
11. Where to look: Look at the lens hole, not the screen.
12. Audio: Minimize background noise as much as possible. Speak clearly. If you're shooting outside, make sure it's not windy.

How to share your video from your phone

Your Photos app on your phone saves all your videos you shoot to your camera roll. If you want to find a video to share, just hit the button to launch the app. Using this method is very easy and simple. All you do is find the video you want to share and tap on the "Share" button.

If sharing through your phone app, please choose "original size" when asked.

You may also try sharing through Google Photos or iCloud.

Keeping the 'original quality' of your video is very simple to do on Google Photo. Simply go to the settings and select that option once you are ready.

Keep in mind that the videos shared on iCloud will be compressed. That means that the quality will not be as high as in your device. You may also try MailDrop or AirDrop if sending from an iPhone.

