



# Share Your Story

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## How To Guide

## We want to recognise all individuals and families whose lives have been touched by Autism.

### Why share my story?

Share your personal stories of acceptance, triumph and inclusion and help us honour your personal journey and increase Autism awareness in Australia.

Tell your own experience – the good, the challenging and what you wish for others to know about Autism.

Your stories will be published on our website and shared across our social media platforms.

### How do I share my story?



in writing



in writing with a photo



or even make a video!

*Please do not include advertisements of any kind. Any story containing advertising or solicitation will be removed.*

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By submitting your story and images, you are giving us permission to publish it on our website and share across our social media.

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## Tips for writing your story

### **Have a beginning, middle and end**

Tell us how things were in the past, how they have changed and your hopes for the future. Also let us know how you were feeling.

### **Use simple, short sentences**

Using simple, short sentences, rather than long sentences is the best way to tell your story.

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## Tips for taking photos

### **Make sure you use landscape/horizontal format**

That means, wide and not tall. If you are using a phone or tablet/ iPad, remember to try and hold the camera as still as you can.

### **Make sure you can be clearly seen**

The light (like the sun, a lamp or window) should always be in front of you, not behind you. Hold the camera (or smartphone or tablet) still, or use a tripod. Try to take a photo that captures your story.



## Tips for taking video

### **Make sure you use landscape/horizontal format**

That means, wide and not tall. If you are using a phone or tablet/ iPad, remember to try and hold the camera as still as you can.

### **Make sure you can be clearly seen**

The light (like the sun, a lamp or window) should always be in front of you, not behind you. Hold the camera (or smartphone or tablet) still, or use a tripod. You can film yourself or someone can film you.

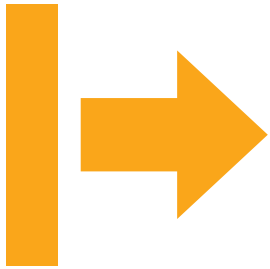
### **Make sure that the sound is clear**

Try to make your film away from noisy or windy places and if you have a microphone hold it in your hand. If you don't have a microphone, sit about 60cm away from the camera.

### **Make it 5 minutes or less**

### **Music**

Don't use copyrighted music (music that is owned and made by somebody else) in your video (for example anything played on the radio or on a CD). Don't add any music or additional sound to your video when you are talking. We need to be able to hear your voice.



## Submission & upload guide

### Photo/video file sizes

Make sure your photo is no bigger than 4 MB.

Make sure your video if no bigger than 2GB.

### Naming your files

Name your photo and video files as follows:

First name\_Last name\_StoryYear.

Example File Name: Jane\_Smith\_Story2018.

### Submitting video

You can choose one of the following methods to submit video files:

**YouTube:** Upload your video to a YouTube account (if you have one) and copy and paste the link into the online submission form.

**File Transfer:** Upload your file to a free cloud service such as Google Drive or Dropbox. Then create a share link for the video to copy and paste into the online submission form.

**USB:** Send us a USB with your video file on it: Locked Bag 2 Subiaco, WA 6904. Once you have posted your submission, fill in the online submission form and write 'usb posted' in the video file field.

### Visit our website to submit your story:

Now that your files are ready, go to [www.autism.org.au/share-your-story](http://www.autism.org.au/share-your-story) and fill in the online submission form.

