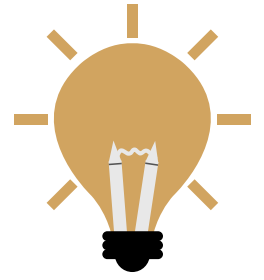


Ideas for telling your story



Charities Against Hate is campaigning to encourage social media companies to do more to prevent online hate. We'd like to hear about how online hate has affected you so that we can raise awareness.

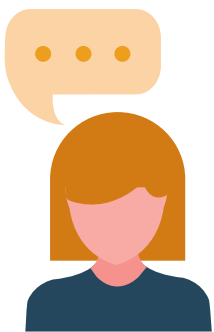
Your story can be as simple as just your name and a few lines about your experience. You can write it down or film it.

It's always up to you how much you want to say and where you want to share your story.

Write it down

Putting something down on paper (or typing it) can help you make better sense of it.

Don't worry about where to start or how to end. The most important thing is to get it out and then you can make changes as you go.



Read it out loud

Listening to your story out loud can help you to decide what information is not necessary and what else to add. Don't worry about including lots of small details, just that your message makes sense.

Share with someone you trust

Share your story with someone in your family or a friend. It doesn't matter if they already know a bit about your story, or if they're hearing it for the first time. It's a chance to practice sharing and get feedback.



Tips on filming your story

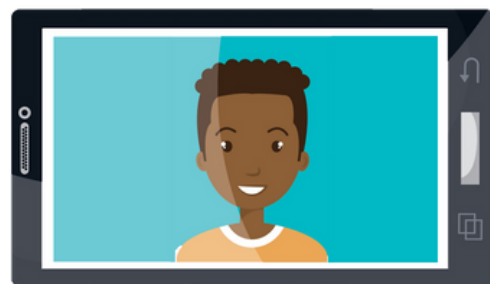
Taking a video is a really effective way of sharing something you would like to say on social media.



Hold your phone horizontally, level with your face

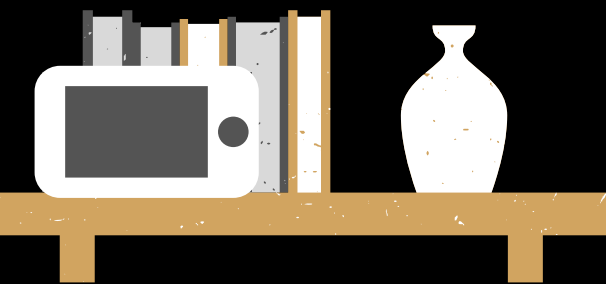
Try not to hold or place your phone too high because you'll be looking up, and not too low because you'll be looking down.

Don't forget to make sure your camera lens is clean before you start or it will look blurry.



Keep your phone steady

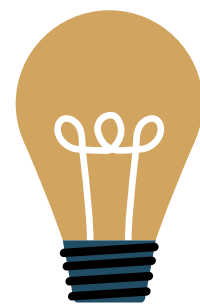
Either hold your phone with both hands to keep it steady or prop it up on a shelf or on a table on top of some books.



Avoid back lighting and background noise

Don't sit with your back to a window or other bright light or you will look like a shadow. Move the light source to just in front of you or to the side.

Try to minimise background noise. Choose a quiet space when you know you won't be interrupted. Using headphones as a microphone can also help.



One last thought. Be prepared for reactions from other people

People will have different reactions to different types of stories. Everyone has a different view.

Try to consider all the options and make sure you're ready for whatever type of response you might get.

Don't forget, your story might help others to share theirs.

It's always up to you how much you want to say and where you want to share your story.

Sharing your story

You can write your story down or take a video and share it on social media using [#ShareYourStory](#) and [#CharitiesAgainstHate](#).

If you would like to send us your video or story to add to our website just email us at hello@charitiesagainsthate.com.



Thank you for sharing your story

#CharitiesAgainstHate
#ShareYourStory



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