**Think Ectopic – sharing your experience for Ectopic Pregnancy Awareness Day**

**Video guidelines**

This year's theme for Ectopic Pregnancy Awareness Day is ‘Think Ectopic’. The theme will raise vital awareness of ectopic pregnancy, it’s symptoms and impacts, and provide space for all experiences of ectopic pregnancy to be recognised and heard.

We would like to share some short clips of what you feel is important for others to know about ectopic pregnancy. Topics can be healing emotionally or physically, fertility, future pregnancies, your career – it really is an open forum for you. We welcome videos submitted by partners, friends, family, couples, or healthcare professionals. You are also welcome to create a short video of why Ectopic Pregnancy Awareness Day is important to you.

If you would like to participate in our video series, this note provides an overview on how to put together your video clip.

We know that there may be emotions that surface as you put together this clip. Please bear in mind that [our support services](https://ectopic.org.uk/how-we-can-help) are always here for you, should you need a safe space to process your thoughts and feelings.

If you have any questions, please let us know by emailing kerri@ectopic.org.uk.

1. **How would you like to create your video clip?**

You are welcome to record your own clip using your mobile phone, tablet, or computer.

1. **This is the prompt for you to create your video clip**

We would be grateful if you could create your video starting with the following sentence:

‘This Ectopic Pregnancy Awareness Day....’

Some examples of how to continue could be:

‘This Ectopic Pregnancy Awareness Day, I feel it is important to discuss....’

‘This Ectopic Pregnancy Awareness Day, I would like to share...’

‘This Ectopic Pregnancy Awareness Day, I am remembering...’

The above wording can be adapted if the video is being sent by partners, family, friends, colleagues, or couples. For example, you can change ‘I’ to ‘we’.

**Please note:**

* Ideally, we would like this video to be 15 seconds or less. If you have more than one point you would like to include you are welcome to send more than one video clip.
* After ‘This Ectopic Pregnancy Awareness Day’, please pause before continuing your sentence so we have a clean break for editing purposes.
1. **To record your own video clip**

* Please ensure you are situated in a brightly lit room, with good lighting and minimal background sound.
* Please make sure you are not sat in front of a window, but ideally have the window in front of you for lighting. If you own a ring light, this can be used in place of natural light.
* Position yourself in the middle of the display screen. Ideally the camera should be at the height of your chin.
* Check the camera settings are on HD mode. This should naturally be the setting on phones, but will need to be checked for a computer/laptop.
* If you are recording using a mobile phone, please see below additional guidelines.
1. **Recording using your mobile phone**
* Position your phone horizontally.

 

* Position your phone so that it stays as steady as possible. If you own or could borrow a tripod or phone holder use these or make sure to place your phone on a stationary surface.
* Make sure that your microphone is not covered.
* Recording in Airplane mode will ensure you are not disturbed by notifications.

All videos can be sent via email to kerri@ectopic.org.uk.

**Thank you for your amazing help with this project. Your voices are powerful and can really help to make a difference.**