



# GIRLS *with* TATTOOS

## Before You Hit Record

Take a moment to set yourself up for success. These tips are designed to make sure your submission looks and sounds its best so your story, your personality, and of course, your tattoos come through clearly. Think of this as your quick-start checklist to get camera-ready, stay authentic, and deliver a submission that captivates.

### 1. What You'll Need

- A smartphone or camera capable of 1080p video (4K optional)
- A quiet location with no background noise
- A ring light or window for clear lighting
- A tripod or other stable stand
- (Optional) Lapel mic or wireless earbuds with mic (e.g., AirPods)
- Frame from chest- or waist-up.
- Leave some "headroom" (space above your head in the frame).
- Final word: Say something inspiring, funny, or powerful. Be yourself!

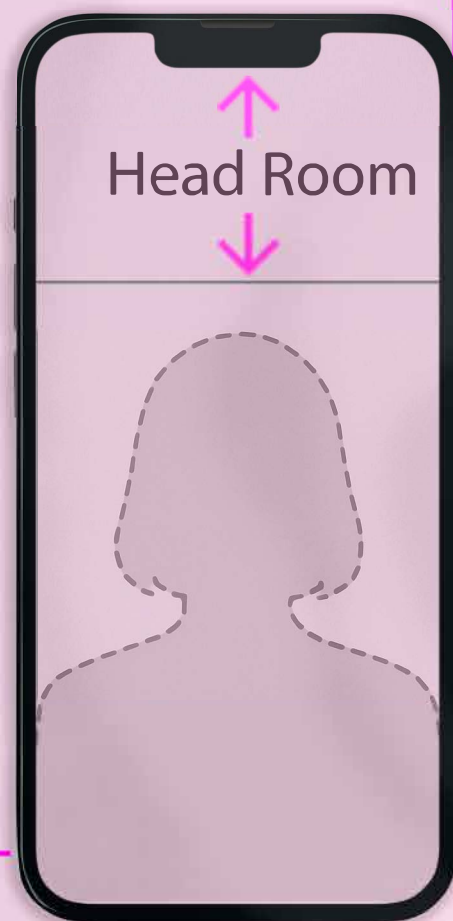
### 2. Set Your Environment Up for Action

#### Lighting Tips:

- Use natural daylight or a ring light. Face the light, never put it behind you.
- Avoid overhead lights—they create shadows.
- Film in a well-lit room with neutral colors (avoid cluttered or overly dark backgrounds).

#### Background Tips:

- Choose a clean, tidy space: plain wall, decorated room, or artful background.
- No brand logos, posters, or loud colors behind you.
- Sit or stand 2–3 feet in front of your background for depth.





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## 3. Frame Your Shot

Position the camera at eye level (not looking up your nose or down from the ceiling).

Use horizontal (landscape) mode for filming, not vertical.

Frame from chest- or waist-up.

Leave some “headroom” (space above your head in the frame).

## 4. Check Your Audio

Quiet the room: turn off fans, AC, TVs, and ask others not to talk.

Test recording with your mic or phone mic—speak clearly and slowly.

## 5. Record Your Video Story

### Suggested Flow:

Introduce yourself: “Hi, my name is [first name] [last name], and I’m from [city/state].”

What do you want the world to know about you? e.g., “I’m an avid skydiver.”

Tattoo description: Show your tattoo(s) and explain the design.

Example: “The tattoos I’m showcasing today symbolize all the places I’ve skydived.”

The story or theme behind it/them: Why you got it, what it means, how it changed you. What inspires the ink you wear?

(Optional) Who did the tattoo? Would you do it again?

**Final word:** Say something inspiring, funny, or powerful. Be yourself!

## 6. Review – Last Step Before You Submit!

Can you see your face and tattoo clearly?

Is your voice loud and clear, with no background noise?

Do you love your story and want others to hear it?

Did you record in horizontal (landscape) format?

### Pro Tips:

Look into or just past the camera lens (not at yourself).

Speak naturally—we want your real voice, not a robot. You can pause and try again; no need to stress.

Keep the video under 3 minutes.

### Ready to submit!

Once you’re happy with your recording:

**Share your Story!**