

# How to make your 15 – 60 second Video

## *It's easy!*

Make your own video in your own way!

Your video can be:

- A selfie video (or save a Snapchat video and send it in!)
- A simple video of a few friends talking
- A mini-film project

## *Tips for Filming*

- Talk with your friends about the message that you'd like to present in your video
- Practice before you shoot
- Don't be afraid to make a mistake! You can always delete and shoot again
- Film in a well-lit space with natural light if you can
- Film in a quiet space

*Now let's have some fun!*



RESPECT TOBACCO

Find out more at

**FNHA.ca/youth**



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