

# TIPS FOR CREATING AND UPLOADING YOUR VIDEO



## BE CREATIVE:

- Make it fun!
- Write a song (must be original).
- Use stop-motion animation.
- Create a short story or make a parody.
- Use household items or things around you as props.
- Draw inspiration from a personal vaping experience.

## HELPFUL APPS

- [Canva](#)
- [CapCut](#)
- [iMovie](#)
- [Life Lapse](#)
- [Splice](#)
- [Videoleap](#)

## HELPFUL HOW-TO-VIDEOS:

- [How to make an effective PSA video](#)
- [How to make a stop motion video](#)

***If you don't have a camera, use a phone, iPad, or tablet!***

## HOW TO CREATE AND CONVERT YOUR BREAK THE VAPE CHALLENGE VIDEO



- **Record your video horizontally with high resolution.**
- You are allowed to use any device or method to create your video, but all videos must be submitted in a [format supported by Woobox](#) and be **50MB** or less in size.
- Depending on the device you are using, the video may automatically record in a format supported by Woobox.

## ANDROID DEVICES:

If you are using an Android device and want to confirm the format of your video:

- Go to the video, select the three dots for more options, and select *Details*.
- In the *Details* section, you will see the date the video was recorded, the format the video is in, and the size of the video.

## APPLE DEVICES

If you are using an Apple device then most likely your device is recording in an MOV format unless you have already changed this setting. To change the recording format on an Apple device:

- Go to Settings, select your name, select *Camera*, and then select *Format*.
- Under *Format*, change the setting from *High Efficiency* to *Most Compatible*.

# TIPS FOR CREATING AND UPLOADING YOUR VIDEO



## CONVERTING VIDEO

If you are having issues recording your video in a supported format you may be able to convert your video using editing software. There are many free websites to use to convert your videos, but some are more user-friendly than others.

## HOW TO UPLOAD AND SUBMIT YOUR VIDEO

1. Download video as a supported file that is **50 MB** or less.
2. Upload your video [submission page](#) using a laptop or desktop computer.



## USING MUSIC OR PHOTOS IN YOUR VIDEO

If you would like to use music in your video, make sure it is royalty-free. When submitting your video, you will be asked to provide the name of song and artist. The same rules apply when using photos.



There are two types of royalty-free music:

- **No Attribution:** The artist has waived the rights to their music, and you may modify and use the music as you wish without giving credit.
- **Attribution Required:** You can use and modify the music, but you need to give credit to the artist in your video.

Make sure to read and understand the terms of using the song.

Examples of websites where you can find royalty free images and music include:

- [Pexels](#)
- [Pixabay](#)
- [Unsplash](#)
- [Chosic](#)

***\*\*Please note, the use of 3rd party websites, tools, and apps is not an endorsement by the WECHU\*\****

## OTHER TIPS:

- Work on your own or in a group of 4.
- Don't forget to include a [Break the Vape Fact](#) and [Call to Action](#)
- Review [Break the Vape Facts](#) document and have a brainstorming session with your group or friends.
- Make a plan or a timeline to create deadlines for yourself or group.
- Gather your video creation tools and props early on so you have more time to create.
- Make sure all group members have parent/guardian permission forms submitted.

