

Moms Like You Storyvine Guide



Stories have the power to remind us we're not alone, to humanize and destigmatize the struggle of addiction, and to give moms courage and hope to take their next step. Through our partnership with Storyvine and their innovative app, we have an easy way to capture your story using a smartphone—all from the comfort of your home.

With the Storyvine app, you can share your story and empower moms just like you! This document will guide you through the steps to share your experiences using the Storyvine app so you can show others that recovery can and does happen.

What is Storyvine?

Storyvine is a video platform that allows you to share stories with guided prompts and questions from your smartphone.

The goal of these videos is not perfection: it's authenticity. There's no need to write a script — just speak from the heart as one real mom to another. Once you press submit, the video is sent to our team at Tough as a Mother, and we're able to edit and polish your recording. You'll be sent a final copy of your story. Stories will be featured on our website, Facebook/Instagram channels and newsletter over the next few months.

How it Works:



**1. SCAN QR CODE
TO SIGN UP**



**2. FILM AND UPLOAD
YOUR VIDEO**

Tips + Tricks

- Use products such as a selfie stick or tripod mount to help keep the camera stable.
- If filming in “selfie” mode, remember to look into the top of the mobile device where the camera is located to create better eye contact.
- If you make a mistake, you can always re-film the same clip until you get it right!
- Please keep your video length no longer than 3-5 minutes.

After you download the app, Storyvine will guide you through a series of questions and you will record your own answer. The following prompts/questions are what you can plan to encounter.

- What was the moment you knew you needed help?

- What's been the biggest change in your life since starting your journey?

- What do you most need to say to your community or loved ones?

- Finally, you will record one last segment with the following prompt: “My name is ___, and I’m Tough as a Mother.” Once you have completed filming, you will press “submit.”

Scan to watch an
example video:

