



# True Story

## Online Submission Guidelines

### About Ripple Effects

Ripple Effects is an educational software company that makes digital tools to help teens and kids solve problems, build strengths, and work together.

[www.rippleeffects.com](http://www.rippleeffects.com)

### About True Stories

One way youth learn about the topics we cover is through short video true stories that highlight the skills our programs teach. They inspire and provide real life role models for others facing similar situations. We accept and purchase True Stories from:

**Students:** KIDS Program: 8-12 years old, TEENS Program: 13-20 years old

**Educators:** We are also looking for educator True Stories of success. Email [truestories@rippleeffects.com](mailto:truestories@rippleeffects.com) to find out more!

### Requirements

Stories must be TRUE and yours to tell.

You must get a signed release from parent guardian.

### Here's How it Works

- You submit a 2-5 minute video based on the prompt questions below.
- If your story is selected for the online platform you will be compensated \$100 - \$150. Please note you will need to send extra pictures and video to earn the total \$150.
- Selected videos will be edited to about 90 seconds and published on the educational digital platform, which is used in over 4,000 schools. Please make sure you're comfortable with others hearing your story.

## Let's Do It!

Directions for shooting your video submission:

### Telling Your Story

- Imagine you're giving a younger family member advice, or talking to a good friend. Please don't read a script or over-rehearse, we want to get to know the real you. Sometimes it's easier if you have someone else ask you the questions and film you.
- Don't wear clothes with logos
- Make sure there are no identifying items in the background (certificates, addresses, photos of others, etc. ANYONE who is shown in the clips will need a release).
- It's okay to show feelings or be emotional! It helps others connect to your story.

### Filming

- Look directly into the camera, or just barely off screen.
- Have the camera right at your eye level. It shouldn't look like someone is looking up or down at you.
- Shoot fill HORIZONTALLY (phone sideways).
- Use a stand or holder If using a smartphone to keep it steady.
- Check the audio. The check it again! Make sure the mic is facing you, and make sure there aren't background sounds. Most submissions we don't accept because of poor audio.
- Don't compress the video when submitting to us. Please send us the original video in its biggest form. If you have questions, please email us: [truestories@rippleeffects.com](mailto:truestories@rippleeffects.com)

## Story Prompts

This is a loose script. While you should address each question – please feel free to tell your story in your own way.

1. Tell me about a difficult situation you experienced in middle or high school.
2. “What happened? Where were you? Who was involved? How did it affect them?
3. How did that make you feel? How did it affect you?
4. What did you do to resolve it? What did you do to try to solve the problem?
5. How did that make you feel?
6. What happened next – good or bad? What worked? What didn’t work? How did things change?
7. What helped you get through it? What skills did you use to solve it? (Asking for help, taking a breath, working out a problem...) What personal strengths did you use to get through it?
8. What did you learn? What changed because of your actions? How did it feel to solve that problem or get through that? How did it affect you or others?

## Examples of Topics

### TOPICS WE ARE LOOKING FOR RIGHT NOW

1. Tell us about a time you walked away from a dangerous situation or didn't get sucked into **peer pressure**.
2. Tell us about a time you disagreed with a teacher and how you solved it, or how you changed a **discipline** or school problem.
3. Tell us about a time you were afraid and what did you do about it? A time you had to be **courageous**?
4. Tell us about a time you made a **good decision**. Or a time you made a poor decision! Or a difficult decision.

### Other Topics We're Looking For:

**Bullying** - you used to bully others, then changed. Why?

**Violence** - choosing to stay away from it

**Strengths** - things you are good at and how they help you

**Marijuana** - choosing not to use marijuana

**Alcohol** - choosing not to use alcohol

**Stopping yourself** - from doing something that would not have been a good choice

**Embarrassed** - a time you were embarrassed, what you did to get through it

**Having goals** - a time you set a goal and met it!

Ripple Effects  
for teens

RIPPLE EFFECTS  
FOR KIDS





## CONSENT AND RELEASE

I understand that Ripple Effects, Inc. will use photographs, video, quotations and audio recordings from and of me for the purposes of developing, promoting, and selling commercial software products. I consent to such activity by Ripple Effects, including the uses of my likeness in a commercial manner. I further agree that I shall be entitled to no compensation from Ripple Effects in connection with the foregoing, other than consideration paid for my performance.

I understand that Ripple Effects works with other companies in the course of its business, and this consent and release shall apply to the uses of my likeness by other companies with which Ripple Effects works, so long as it is in the context of their relationship with Ripple Effects.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Type or Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

\_\_\_\_\_  
Witness

### Consent of Parent or Guardian

I certify that I am the parent or guardian of the individual named above and consent to the foregoing:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Type or Print Name

\_\_\_\_\_  
Date



## ASSIGNMENT OF RIGHTS

I irrevocably assign and transfer to Ripple Effects (COMPANY) and its agents, licensees and assignees all rights in the videos, including, without limitation, all copyrights; I grant to Ripple Effects and its agents, licensees and assigns the right to produce, publish, broadcast/use, adapt, delete, edit and/or modify the videos in any manner or format, for any program, publicity, advertising and promotional purposes, and in any and all media worldwide in perpetuity, in all languages and versions, and without additional consideration, except where prohibited by law.

I warrant and represent that the videos are wholly original and my own creation, and that I am the sole owner of all rights relating to the videos. I unconditionally assign and transfer all ideas, concepts, copyrighted materials and trademarks contained in the videos and any and all rights in the videos to Ripple Effects and its agents, licensees and assigns. Ripple Effects and its agents, licensees and assigns have the right to use, assign, modify, edit, adapt, dispose, and electronically alter the videos, including but not limited to, to appear in promotional and/or commercial materials, as well as to reproduce them, in whole or in part, without compensation or additional consent from me or any third party.

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Signature

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Type or Print Name

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Date

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Phone

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Email

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Witness