

OUR STORIES YOUR STORIES

HERP

Share your AANHPI story of life, history,
and heritage during AANHPI Heritage Month.

MAKING YOUR OWN ORAL HISTORY VIDEO

Thank you for adding your voice to the *Our Stories Are Your Stories* campaign so that it can be shared on social media channels, using the hashtags: **#OSAYS, @OurStoriesAreYourStories, and @winglukemuseum.**

This Toolkit is available to help your company, organization, friends, or family join in this effort.

1 Instructions on how to make your own oral history video.

2 Information on how to post to social media so others can see and share.

3 Details to submit your videos for accession to the Wing Luke Museum's oral history archives.

WHAT YOU NEED TO GET STARTED

- **Recording Device.** Here are some examples of acceptable recording devices: iPhone or Android with camera, digital camera, iPad, laptop, GoPro, etc.
- **Clean and quiet space.** Choose a quiet space in your house where there won't be any distracting noises (dog barking, alarms or sirens, conversations, TV, etc)
- **Good Lighting.** This can be as simple as sitting near a window to help bring in natural lighting. You may also choose to use a ring light if you have one available.
- **Microphone.** Most current mobile and laptop devices can pick up your audio pretty well without a microphone as long as you are close enough to the device. Remember to speak clearly. But if you do have access to a microphone, it is encouraged to use it if possible.
- **Tripod.** You will need a tripod if you are self-recording your videos with a mobile device or digital camera. If you do not have a tripod, you may need to ask another person to assist in holding the device as you record your story.
- **Script.** To help you keep on track with your story it may be helpful to have an outline or script nearby for reference. Keep it as close to camera as possible to avoid looking down or too far. See page 4 for example prompts.

TALKING PROMPTS

Start by introducing yourself with your first name and your AANHPI heritage, e.g., “I’m Mary Ikeda. I’m Japanese American” or however you are comfortable. Ideally, we want everyone’s video stories to be unique and reflect you! If you would like some help, here are some prompts:

- What has made you proud to be AANHPI?
- What assumptions do people make about your identity that you feel are incorrect or misguided?
- When it comes to representation, what are some things that most people aren’t aware of?
- What is a story that’s been passed down through your family that you’re proud of?
- What is a story that’s been passed down that is a painful one?
- What do you want the next generations of your family to remember and know?
- What traditions do you value most?

**Please close your video story by reading this statement to help tie every story together:
“I am (name). I am (your AANHPI identity). My Story is Our Story.”**

SMARTPHONE TIPS

- Using the forward-facing camera produces better video quality than the selfie camera on most smartphones; try to use the primary camera when possible.
- Turn your phone on Do Not Disturb, so your recording doesn't get interrupted!

VIDEO TIPS

- **Always record horizontally.**
- Short and sweet is best; try to keep your videos to between 1-3 minutes.
- For the best composition, have your face centered in frame and set the camera up to shoulder height
- Film in well-lit areas out of harsh shadows or sunlight when possible.
- When filming in high-contrast areas, try to keep bright sources of light out of frame and away from your back; this will often make your silhouette too dark or produce glare.
- Always review your video after you record to make sure you can be seen and heard clearly!

CHECKLIST

- Record your video in **1080p HD** if possible. Check your camera settings.
- Videos clips should be **100% family friendly** for maximum social media coverage and submission to the Wing Luke Museum oral history archives.
- Make sure there are **no recognizable logos, artwork, or other trademarked/copyrighted material** in the background this applies for clothing as well.
- Review your video.** Feel free to try as many takes as you like until you are happy with the video!
- Download and fill out the [Content Release Form](#)**
- Submit your completed form** and video files to videos@ourstoriesareyourstories.com

INSPIRATION

There is no “right” way for this DIY video except we ask you to include the introduction and end statements.

You can see our videos at www.OurStoriesAreYourStories.com. We’ve provided these as different ways to tell your story, from an interview to a voiceover.



Doug Baldwin: My Filipina Grandmother



Hollis Wong-Wear: My AAPI Mentor



DIY Video: Tamaki Inaba Mitsui



DIY Video: Dave and Karen



Lauren Tran: Pastries are My Passion



DIY Video: James and Terry

POSTING ON SOCIAL MEDIA

After making your video, post on social media with your own personal caption and be sure to tag [#OSAYS](#), [@OurStoriesAreYourStories](#) (or [@OSAYS_AANHPI](#) if you're on Twitter), and [@winglukemuseum](#).

Please also include “**My story is our story. What's yours? #OSAYS**” at the end of the post copy. You may include [#OSAYS](#) and any other hashtags that you'd like such as [#AANHPIHM](#), and [#AANHPI](#).

We will watch for your posts on Facebook, Instagram, Twitter, and LinkedIn. Thoughts on each:



My story is our story. What's yours?
[#OSAYS](#), [@ourstoriesareyourstories](#),
[@winglukemuseum](#)



Instagram is highly visual and good if your video is short. Leverage Carousel posts with a mix of video and photos.

[#OSAYS](#), [@OurStoriesAreYourStories](#),
[@winglukemuseum](#)



Facebook – stronger traffic driver, better for longer videos, add a description of over 300 characters to videos to increase engagement.

[#OSAYS](#), [@OurStoriesAreYourStories](#),
[@winglukemuseum](#)



Twitter – if that's your social of choice, use it with [#OSAYS](#), [@OSAYS_AANHPI](#),
[@winglukemuseum](#)



LinkedIn – this may be a good way to share your story for AANHPI Heritage Month with work associates.

[#OSAYS](#), [@Our-Stories-Are-Your-Stories](#),
[@winglukemuseum](#)

THE WING LUKE MUSEUM'S ORAL HISTORY ARCHIVES

We look forward to seeing all videos for Our Stories Are Your Stories. In June, we will package all video files received and submit for accession to the Wing Luke Museum's oral history files. Here's what you need to do:

- Send your completed videos to videos@ourstoriesareyourstories.com along with this [Content Release Submission Form](#).
- The Wing Luke Museum will review and approve your video, getting in touch with you if there is additional information required.
- When sending large files, use a file sharing service such as Google Drive, iCloud, SharePoint, Dropbox, etc. WeTransfer.com also offers a free large-size file transfer service (maximum 2GB file size) that sends a download link to a recipient.

“Our Oral History Program documents, preserves, and shares first-person stories from those who often get overlooked—missing voices in our community’s history. Whether a life story told over many tales, or a single chapter focused on a particular event or topic, oral histories are the building blocks for a richer, fuller view of the past... and by making our Oral History Lab available as a community resource, we empower people to tell their own stories, and preserve them as primary sources for future researchers. Our collection of oral history transcripts is available at the Governor Gary Locke Library and Community Heritage Center.”

The Wing Luke Museum of the
Asian Pacific American Experience website