

Share Your Flare Instructions

flare

\ fler \ noun

1. a fire or blaze of light used especially to attract attention, illuminate, to send a message or signal.

Do you or someone you love identify as LGBTQ+?

Interested in helping others feel less alone on their LGBTQ journey?

Then take 5 to watch our Project Flare video <https://tlc4kids.org/project-flare/>

Now consider sending your own message, (aka Flare) to LGBTQ foster youth who need to know they are not alone.

Here's HOW:

TLC's original Project Flare videos <https://tlc4kids.org/project-flare/> were professionally filmed by Eric Ivey Productions . However, anyone can support Project Flare's efforts to undo aloneness, isolation, and depression by sharing YOUR Flare! Simply grab your Smartphone, GoPro, or other video recording device and follow these simple instructions.

Step 1: Find someone you trust to film you sharing your Flare or just set up your tripod. Flare- (/fler/ noun) A fire or blaze of light, used especially to attract attention, illuminate, or to send a message or signal.

Step 2: Spend some time pondering the following questions, then have your videographer film you answering these questions:

- a) How do you identify? (Lesbian, gay, bisexual, transgender, queer, intersexed, asexual, straight, BIPOC, AAPI, gender non-conforming, pronouns, foster youth or parent, adopted etc.).
- b) When did you begin to realize or think about your identity? AND/OR What's unique about the way you identify?

- c) What has it been like to experience acceptance?
- d) What was meaningful to you about any of the Flare videos you watched?
- e) What Flare message (or signal) do you want to share with other LGBTQI Foster Youth or to anyone who knows or works with LGBTQ youth?

Step 4: Make sure your video is 6 minutes or less. NOTE: The MOST watched videos are often only 2-3 minutes long. We know it's hard to share your heart in such a short time frame, so do your best. We want other teens and parents to hear from you!

Step 5: Obtain a release form from a Project Flare Mentor. If you are 18 or older, you can legally sign it. If you're under 18 yrs and are a youth being served by the Foster or Juvenile Justice departments, your social worker or probation officer must sign. If you're under 18 yrs and not being served by the Foster or Juvenile Justice department, your legal guardian must sign.

The release allows TLC to upload your Flare video onto its dedicated YouTube Channel and/or other social media platforms to help spread the word that youth are NOT alone on their LGBTQ journey.

Step 6: Submit your video as an email attachment to TLC Child & Family Services at flare@tlc4kids.org