



Calling LGBT and Allied members of the Rooftop Community!

As a part of SFUSD's celebration of Gay Pride this month, Rooftop's Social Justice Committee is planning a series of events and projects to celebrate our LGBT community! One of these projects is an "It Gets Better" video. Our goal is to send positive messages of hope to LGBT youth in our community and beyond. Following the guidelines of the "It Gets Better" Project, we would like to invite you to share your story of how "it got better" for you. Allies, your messages of support are welcome, too! Your message can be the one that makes an impact.

If you would like to share your story:

Option 1: submit your own video for inclusion

- Record your story using your own digital video camera—an iPhone camera is sufficient for this.
- Make sure you are lit from the front and that there is no background noise.
- Email your video to mcdougallk@sfusd.edu by May 1st!

Option 2: we film you at school

- Contact Katie McDougall at mcdougallk@sfusd.edu or 415-695-5691 to schedule a time to be filmed.

For all submissions, please keep in mind:

- Following the model of the "It Gets Better" project, our goal is to remind LGBT young people that they are unique, that they should be proud of who they are, and if they are struggling, there is a community available that is there to support them.
- Keep messages positive and uplifting and avoid any language that is negative or specifically mentions self-harm.
- Speak from the heart and tell your own story.
- Please begin your video by stating who you are. If you can, please finish with a concise statement about "it gets better."
- We will be compiling content from multiple contributors and will be editing to ensure continuity—we are not able to include all of each video.
- The finished video will be played for Mayeda students at an assembly. It will be posted to our Rooftop school website and YouTube, and submitted to the "It Gets Better" project.

Additional guidelines from the "It Gets Better" Project are attached. Please contact Katie McDougall with any questions at mcdougallk@sfusd.edu or 415-695-5691.