



## GUIDELINES

- STORIES SHOULD COME FROM YOUR LIVED EXPERIENCE AND BE REAL
- STORY SHOULD BE BETWEEN 5 - 8 MINUTES
- THIS IS A STORY, NOT A READING - BEST IF TOLD IN THE MOMENT
- STORY SHOULD BE RELATED TO THE THEME OF THE NIGHT
- IT MUST BE YOUR STORY TO TELL
- AVOID EXPLICIT LANGUAGE AND GRAPHIC DEPICTIONS OF SENSITIVE MATERIAL
- THIS IS A FAMILY FRIENDLY EVENT - BE MINDFUL OF YOUTH PRESENT

## DO

- START IN ACTION - HAVE AN OPENING HOOK OR LINE READY
- PAINT THE SCENE
- COMMUNICATE THE STAKES OF THE STORY
- CLEARLY STATE YOUR GOALS, FEARS, DESIRES, THE DILEMMA, ETC.
- SHARE YOUR SPECIFIC OBSERVATIONS
- SHARE A PIVOTAL MOMENT
- SHARE A CONCLUSION - WERE YOU TRIUMPHANT? DEFEATED? BEFUDDLED? ENLIGHTENED?
- HAVE A CLEAR ENDING TO YOUR STORY
- KNOW YOUR STORY WELL ENOUGH TO HAVE FUN WITH IT - YOU DON'T NEED EVERYTHING MEMORIZED AND SCRIPTED

## DO NOT

- NO STAND UP ROUTINES, RANTS, HOW TO'S, CONFESSIONS, LECTURES, FICTION, ESSAYS, STEREOTYPES, GRATUITOUS MATERIAL
- DO NOT CARICATURE OR EXPLAIN A CULTURE THAT IS NOT YOUR OWN
- DO NOT MAKE ANOTHER PERSON'S IDENTITY THE PUNCHLINE OR STORYLINE
- DO NOT USE ANOTHER PERSON'S IDENTITY AS THE PROP OR PLOT POINT - IF YOU CHOOSE TO INCLUDE ANOTHER PERSON'S IDENTITY, MAKE SURE IT IS INTRINSIC TO THE STORY
- NO HATE SPEECH