

One Walk Video Script



If a picture is worth a thousand words, a video is worth ten thousand! Creating a video helps you stand out and build a deeper connection with your online audience.



You don't need to be a professional video editor—just use your phone's front camera with good lighting (facing a window works well). People appreciate feeling like you're having a conversation with them. Further tips for video filming and editing are included below.

Here are some suggested talking points to help you explain what type 1 diabetes (T1D) is, why supporting research is important, and how others can help. Everyone's story is different so feel free to adapt and tweak as you wish and add your personal touch - and have fun with it!

Hey guys, I wanted to jump on here and ask your support for a cause that is really close to my heart.

I'm your typical adult/ kid/ teen, trying to live a typical life!

However, on [date of diagnosis], I didn't have such a typical day. I was diagnosed with type 1 diabetes and my life was changed forever. [Further explain your diagnosis story here if you wish]. It's a condition where the body stops producing insulin, which is what regulates the blood sugar in our bodies. Without insulin, glucose can build up in the bloodstream in dangerous amounts and can even be fatal. It is a condition that needs to be managed 24/7 and that children and adults never outgrow or forget about.

I have to check my blood sugar [fill in number] times a day. I also have to wear an insulin pump, so my body is given insulin / OR I have to give myself [fill in number] insulin injections a day to stay alive. Before I can even think of eating, exercising, driving, or doing an activity, I have to check my blood sugar.

It is a constant balancing act. Sometimes you win and your glucose levels are right where you'd like them to be and other times you don't and your levels are all over the place, despite all that hard work and monitoring. There are no guarantees. Type 1 diabetes never sleeps. Type 1 diabetes never takes a holiday.

That's why supporting type 1 diabetes research that focuses on finding cures and improving lives is so important to me - which is why I joined JDRF's One Walk!

JDRF is the world's leading funder of type 1 diabetes research. As part of JDRF's One Walk fundraiser, - I am raising money to help fund promising breakthrough research to create a better future for all those impacted by this condition.

It would mean so much to me if you took a moment to donate to my fundraising page which I've linked in the caption. Every dollar counts and together we can create a world without type 1 diabetes.

Read on for some tips on filming a video that looks and sounds great!

Tips and tricks on filming a great video on social media

- **Ensure good lighting:** Film in a well-lit area with minimal noise. Facing a window provides natural light that can enhance the quality of your video.
- **Use portrait mode:** For social media platforms, filming in portrait mode is recommended to ensure your video looks great on mobile devices.
- **Keep it steady:** You can either hold your phone when filming like you are on Facetime with a friend for a more natural feel, or if you want to create a more polished video, consider using a tripod or get creative with leaning your phone on some books to keep it upright and steady.
- **Break it down:** Filming everything in one go can be challenging. Consider recording each sentence or paragraph in separate clips and stitching them together for a smoother presentation.
- **Edit on your phone:** Utilise the video creation tools available on social media platforms like Instagram and TikTok. These tools are user-friendly and allow you to trim videos, add text, filters, and other effects.
- **Explore free video editing apps:** For more advanced editing, you can use free apps such as CapCut and InShot. These apps offer various features to enhance your video content.
- **Engage your audience:** Look directly into the camera and speak clearly. Engaging with your audience through eye contact can make your message more impactful.
- **Use captions:** Adding captions can make your videos more accessible and ensure your message is understood even when the sound is off. Most social media platforms, like Instagram, offer an automatic captioning feature for your videos! Just be sure to review the captions to ensure the words are accurate.
- **Stay authentic:** Be yourself and speak from the heart. Authenticity resonates with viewers and can make your message more compelling.

