



Who YOU ARE Blog Guidelines:

Thank you for your willingness to share your story with the Who YOU ARE Blog! Sharing stories of surviving difficult times and finding healing can be instrumental for other people who may be going through a similar struggle. The goal of all of these blog posts is to share stories of hope, help, and healing.

Some guidelines to consider when writing your blog submission:

- Please take care of yourself first and make sure you're far along enough in your healing to share your story safely. Everyone has a story to share, but sometimes the timing is not right. And that's ok! We're here when you are ready.
- Please include a title for your blog post
- Keep in mind that this is a blog style post, so it does not need to be too long and does not need to be written in a formal academic style of writing – you're welcome to write the post in the same voice as you would tell your story if you were speaking to a friend!
- If you choose not to be anonymous, please include your first name and 3-5 photographs for us to include on your post (If you are submitting photos of other people please get their permission ahead of time). If you would rather remain anonymous, please provide a pseudonym for us to use to help protect your anonymity.
- Please keep in mind that some people reading your story may not be as far along in their healing as you are. Because of that some readers may have a difficult time reading certain details of your story. We want all stories to promote healing, so please consider what details could be triggering to others. (Some details to avoid when writing your story may include the method of a suicide/suicide attempt, the details of a sexual assault, graphic descriptions of self-injury, etc.)

We will review all submissions and get back to you as soon as possible. We do not want to give anyone the sense that we are trying to censor their story at all. We simply want to ensure that anyone who may connect with your story will be able to focus on the healing aspects (specifically your ability to overcome whatever struggles/trauma you have been through).

Once you are ready to submit your story please email it (along with the optional photos) to theyouaremovement@gmail.com

We cannot thank you enough for reaching out to share your story! We know that everyone has a story to tell and that we are all starting a conversation that matters and will truly make a difference!

YOU ARE the best,

Anna & Jen

Co-founders of The YOU ARE Movement