

The NCDP is gearing up for a big digital push to make sure we are still talking about our goals and values in this uncertain time. We are hoping to post short videos highlighting the ways our candidates are following social distancing and other common sense guidelines while still working hard to connect with voters.

We have put a sample script below but feel free to talk about all the ways you are doing your part to "[flatten the curve](#)" while still sharing your values and talking to your constituents (or future constituents). The overall points we want to make are 1) you're staying in and 2) you're still campaigning.

Try to keep the videos to 30 seconds or less and be creative! The videos can be "[selfie style](#)" or "[face to camera](#)" whichever you prefer! You can use your phone to take the video in "selfie mode", it's best to face a window or other natural light and speak up so the audio can be captured clearly. Don't be afraid to do multiple takes! Get more suggestions for [selfie videos here](#).

When you're ready, upload your videos to this [google form](#)!

Here's the sample script:

*Hello, I'm [CANDIDATE NAME] and I am running for [OFFICE]. Over the past few months I have spent a lot of time meeting [citizens of this district] at big events, but now I'm doing a lot more calling and reaching out to folks online.*

*That's because I know it's really important that we all stay home as much as we can and follow the Governor's recommendations to keep our communities safe!*

*That doesn't mean I'm gonna stop listening to you and the issues important in your life! I have been [calling folks OR talking to my friends and neighbors through social media OR utilizing digital tools like texting] to make sure they know I am ready to fight for them! Join us on our website and to learn more! Thanks and wash your hands everybody!*