

BEFORE YOU RECORD

Sharing the stories of Black women is important for several reasons, as it contributes to fostering understanding, resilience, and social change. Recording your story can be a rewarding experience, regardless if you're creating a podcast, a video, or an audio recording. Whether you are a seasoned or novice storyteller, A BCP Curator will be available to navigate you during your journey to capture your story. Here are some steps to help you prepare for recording your story:



1

Select a date and time to record. Choose a date and time for the recording. Consider your availability, the amount of time you would have to ground yourself before and after your session, and your ability to be present when sharing.

2

Choose a topic, be it Black hair, love, joy, mothers, culture, or a topic close to your heart. Craft a story that celebrates your authentic voice, recognizing the beauty in every shade of Black. Tell your Black Girl Story.

3

Pick a Medium to Share. All stories must be original works. Limit audio and video submissions to 12 minutes. Written submissions limit to 800 words. Email photos & writings to stories@blackcornerstones.com

4

Plan your story. Start by outlining your story. Identify key points, major events, and the central message or theme you want to convey. This will serve as a roadmap for your recording.

5

Practice Makes Purposeful. Practice delivering your story multiple times. This will help you become more comfortable with the material, focus on purposeful content and reduce the chances of stumbling over your words during the actual recording.

6

Log on or dial in at your scheduled time. A BCP Curator will be available to facilitate you during your recording session.

HONORING YOUR VOICE
HONORING BLACK WOMEN



CHOOSING A TOPIC

Choosing a topic or theme for your Black Girl Story might feel like rocket science because it's a wealth of subjects and lived experiences to draw from. Here are a few suggestions from the BCP Community.

HAIR

Whether you rocked a weave, perm, extensions, or natural, or you wore it fried, dyed and laid to the side Black hair is like none other; beside all, Black hair has been a symbol of survival, resistance and celebration throughout history. Did you have a love or hate relationship with your hair growing up? What's your Black Hair Story?

BEAUTY

Women are expected to "conform" to the beauty standards of the dominant culture. When and how did you find your own style? What's your Black beauty story?

MOTHERS

The Shirelles' "Mama Said" hit number 4 on the national charts and number 2 on the R&B charts in 1961. Like Black hair, Black mothers navigate unique challenges. Share a story about a significant lesson or impact from your Black mother's wisdom and words.

CULTURE

Black culture in America is a rich tapestry woven from diverse African influences, historical resilience, and contemporary expressions. Black culture also reflects a profound history of struggle, resilience, and achievements, contributing significantly to the overall cultural mosaic of the United States. What if America loved Black People like it loves Black Culture? Tell your Black Girl Culture Story.

YOUR CHOICE

May your story be Black hair, love, joy, mothers, culture, or a topic close to your heart. Craft a story that celebrates your authentic voice, recognizing the beauty in every shade of Black. Tell your Black Girl Story.