

Be the Change You Want to See in the World

1. Record your “Be the Change” video explaining how you’re stepping up to create the B.C. you want with TLC.
2. Upload your video in YouTube in response to other “Be the Change” videos. Please note, you must have a YouTube account to upload.

Visit TLC’s [YouTube Channel](#), view [one of our “Be The Change” videos](#) and click in the comments box below one of TLC’s Videos.

Click on the **Create a video response** link to the right of the box.

Select the **Upload a Video** option and click on the **Start** button. You may now browse from your computer and choose one of your existing videos as a response.

Videos must be smaller than 1 GB in size, up to 10 minutes in length and [formats](#) may consist of mov, avi, mp4 or others.

You can share any of our “Be the Change” videos by viewing them on YouTube and clicking the **share** button.