Posting a Selfie Video

This guide helps you record and share a simple selfie video highlighting your state's resolution and urging action at the federal level. Thank you for using your voice to stand up for the 54,000+ veterans impacted today — and those who will serve in the future.

HOW TO TAKE ACTION **4 SIMPLE STEPS**

1 **Decide what you want to say.** You don't need to memorize a script — speak in your own words. Using notes is fine. Be sure to mention:

- Your state resolution number
- How many veterans would be impacted in your state

Find this information at ***staractalliance.org/stateaction*****.**

2 **Set up your recording.**

- Find a quiet place and face your light source
- Hold your phone vertically and keep it steady
- Look into the camera lens, not at yourself on the screen
- Aim for 30-45 seconds

3 **Record naturally.**

- Speak calmly and clearly
- Minor mistakes are okay — authentic is better than perfect
- Be respectful and fact-based
- Avoid attacks or profanity

4 **Post and tag.**

- Upload your video to any platform you use (Facebook, Instagram, X, etc.).
- Be sure to tag your state lawmakers, members of Congress, and leaders within the Administration (including the President).
- Use #MajorRichardStarAct and #EndTheWoundedVeteranTax

To find your members of Congress: Visit congress.gov/members/find-your-member.

To find your state legislators: Google "Find my state legislators [state]" for your state legislature's website or other online tools to identify your local lawmakers.

Sample Video Scripts

If you're a veteran, be sure to state your branch and any details about your service you'd like to share.

Hi, I'm **[Name]** from **[City, State]**. I'm speaking up in support of the Major Richard Star Act, which would fix an unfair policy that reduces retirement pay for combat-injured veterans.

More than 54,000 veterans across the country — including about **[Number]** here in **[State]**, are affected today. But this issue also impacts those serving now and into the future who get injured. We need to have their backs too!

Our state legislature has introduced **[State Resolution No. ___]**, urging Congress to pass the Major Richard Star Act, and I'm asking you to support it too. This is about fairness, dignity, and keeping our word to those who served. Let's approve this resolution AND the Major Richard Star Act today!

LET US KNOW YOU POSTED A VIDEO!
Email us with a link to your video at **info@staractalliance.org.** This helps us track momentum and coordinate advocacy nationwide.