

# Hi there and Welcome!

**We're so excited that you're interested in creating content for our library. Let's get started.**

## Guidelines

Got a story to tell, but not quite sure where to start? Here's some things to get you started:

- As a guide, aim for between 500 -1000 words per article. It's okay to write more or less than this, as long as you're able to say what needs to be said.
- We want you to be passionate, but respectful. Please do your best to avoid offensive or hateful language, and definitely don't be discriminatory!
- There's nothing more impactful than a well-placed 'f\*#k!', but try not to overdo it.
- We really want you to pass on some of your wisdom and advice to readers; so if you can, end your article with a little bit about what you've learned from your experience

## How to submit

- ① Send an email to [hello@spectrumapp.lgbt](mailto:hello@spectrumapp.lgbt) with the following information:
  - Submission type (Real Life Story, Tips and Guides, Interview Request or Expert Guide):
  - Topic:
  - Summary (max 50 words):
  - Intended Audience:
- ② Once we've accepted your proposal, you'll have around 2 weeks to submit your article. When submitting, please pull out 1 or 2 key lines from the article which you're happy for us to turn into quotes.
- ③ We'll send through any feedback or change requests we have for you.
- ④ Once we're happy with the article, we'll post it on the Spectrum app and our social pages. We'll let you know when your opus is ready!

We totally respect your privacy and appreciate that some topics you discuss might be sensitive. Please remember that your article can be completely anonymous, and you're welcome to pull out at any time. We're also happy to remove your article if you wish. Spectrum also reserves the right to remove articles at our discretion. We'll let you know if that happens, and why.