

# *Their Story*

Uncovering the History  
of the Women in our families



# *HerStry*

Writing women back into history. For too long women have been left out of the history books. Their stories are muddled or left untold. We think its time to change that.



## *Every Story Matters*

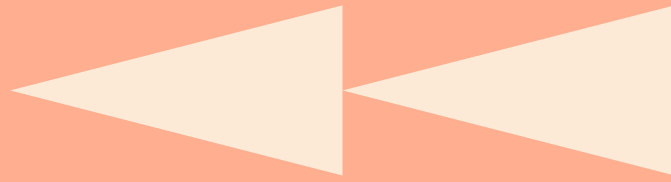
The women around us have stories to tell. Our mothers. Our grandmothers. Our aunts. Our sisters. They all have stories. Lets help keep those stories alive with *TheirStry*.

We've created this guide to help you preserve the stories of the women in your family. Use our questions below to interview your female family members and preserve their stories.



# *Step One*

## *Grab Something to Record With*



A pen and paper is fine, but you might want some kind of audio recorder. Most smart phones come with a voice memo app. So open it up and start recording. Just make sure you have enough space on your phone.

You can also try these apps:

- StoryCorps
- Evernote
- Rev
- Voice Record Pro





## *Step Two*

### *Find a Quiet Space*

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Once you have your recording device grab your family member and head some place quiet. You'll want to find a space where there will be minimal background noise.

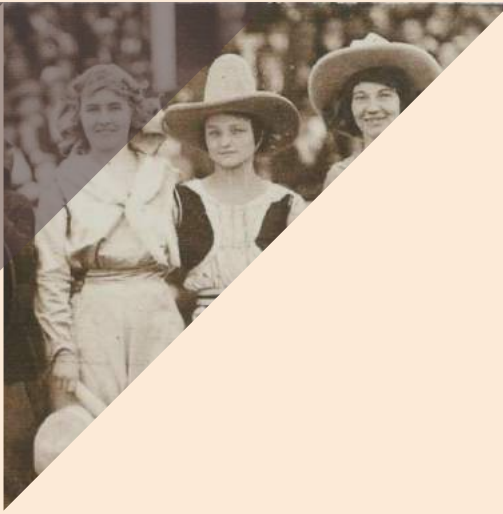


# *Step Three*

## *Start Talking*

If you already have a list of questions that you want to ask the women in your family you're all set--just hit record and go! But, if you need a little guidance we've put together some questions. For your convenience we've broken them down into categories including motherhood, childhood, school, relationships, and career. Feel free to mix and match!





## *Step Four* Save It

Once you finish your interview make sure to save it. Keeping it on your phone is fine, but if you can save it on your computer, do! If you record your interview on the StoryCorps App you can upload it there and save it to the StoryCorps achieves. The important thing is to save the interview so others in your family can listen to it.



# *Step Five*

## *#TheirStry*

Once you've finished your interview grab your family member and take a selfie! Make sure to upload it on social media using #theirstry.





# *A few Tips Before You Record*



- Before you start make sure to record the name of the person you are interviewing, their age, and your location.
- The best questions are open ended. These can be answered in more than one sentence and are likely to draw out the best stories.
- Ask follow up questions! Listen closely to the stories you are being told and dig deeper.
- Make up your own questions! You know your family members best. Our questions below are just suggestions, so feel free to make up your own.
- Organize your questions. Go through the lists below and choose which questions you want to use. The more organized you are the better your conversation will flow.
- Make sure you have time. Give yourself 30 minutes to an hour to chat.
- Say thank you! Make sure your family member knows how grateful you are for sharing this time together.
- Have fun! Relax! Learn something new!



# Questions

## Motherhood

- Describe how it felt to become a mom for the first time.
- How did you choose my name? The name(s) of my sibling(s)?
- Tell me about the day I was born. The day(s) my sibling(s) were born.
- How did you choose my name?
- What is your favorite memory of me?
- What is your least favorite memory of me?
- Is there anything you wish you would have asked your mother?
- Do you remember any of the songs or stories your mother used to tell you as a child? Do you remember the songs or stories you used to tell me?
- Who was the first person you told you were pregnant with me? With my mother/father?
- How has being a parent changed you?
- Was there ever a time you felt like a bad mom?
- Is there anything you would have done differently as a mom?
- Do you think it's easier or harder to be a mom now then when you were raising a family?
- How did your relationship with mom/dad change after you had children?
- How did you make a life for yourself outside of motherhood?
- Do you have any advice for those raising kids today?

# Childhood

- Where were you born?
- What are the names of your siblings?
- What are your parent's names?
- Tell me about your mother.
- Tell me about your grandmother.
- Do you have a favorite childhood memory? Least favorite?
- What were you like as a child?
- What did you want to be when you grew up?
- Tell me about your favorite family vacation. Least favorite?
- What is a piece of advice your parents gave you that you've always held on to?



# School

- What was your favorite subject?
- What was your least favorite subject?
- What are your favorite memories of elementary/jr. high/high school?
- Did you go to college? What did you study?
- What are some of your favorite college memories?
- Were the women in your family encouraged to go to college?
- How do you think school has changed in your lifetime?



# Relationships

- How did you meet mom/dad?
- How did you meet my grandmother/grandfather?
- What was your first date like?
- Who proposed? What was it like?
- What was your wedding day like? Your honeymoon?
- Do you have any other memorable boyfriends/girlfriends?
- Who was your first love?
- Who were your best friends growing up?
- Can you tell me some of your favorite memories with your friends?
- Who were your college friends? What are some of your favorite memories with them?
- How did/do you make friends as an adult? Do you have any advice?
- Tell me about your siblings? Do you have any favorite memories of them?
- Who are the people that influenced your life the most? Why?



# Career

- What was your first job?
- What is your dream job?
- What do you currently do for a living?
- When you were young what did you want to be?
- What was it like being a working mother/grandmother?
- What was it like being a stay at home mom?
- Do you have any memorable stories about work?
- Were you encouraged to work?



# Miscellaneous

- What is something in life you are most proud of?
- How did it feel to live on your own for the first time?
- What is the dumbest thing you've ever done?
- What is the most daring thing you've ever done?
- What is something you've never told me?
- What are your hobbies?

