**Agreement**: By participating in the 1Anderson Channel you are agreeing to the 1Anderson production guidelines, UCLA Social Media guidelines and YouTube policies and guidelines.

The 1Anderson Channel will catalog and host events, content created by **YOU**. Current categories such as **AnderCooks**, **AnderFit** and **AnderTalks** will lead the playlists, however, we welcome all types of content and are open to expanding. Explore the possibilities below.
Share a dish you love, teach others to cook or bake, or just discuss food. Reoccurring programs include Short & Sweet and Dinners with Anna.

Lead your audience through mind/body activities focused on health and wellness. This category includes workouts, yoga sessions, meditations, nutrition and much more. Reoccurring events include programming for Meditation Mondays, Fitness Fridays, and Workout with Clay.

Provide your thought leadership. These can be formatted like TED Talks, AMAs (Ask Me Anything), Teach Me Something, Panels, Interviews and more.

Have a category idea? Contact: 1AndersonChannel@gmail.com

Be sure to view our current programming [here](#).
How to schedule your LIVE session

1. Invite 1AndersonChannel@gmail.com to your event, with the following formatting:

   [Title of Program] – 1Anderson Channel
   Hosted by [Your Name], short description of show, brought to you by Club Name
   TUNE IN ON YOUTUBE [hyperlinked with URL].

2. See the 1Anderson Channel Broadcaster’s Guide and follow Steps 1 and 2 there

3. Once your program event date is approved, you will receive an invitation to be a manager for 1Anderson YouTube channel. Proceed to Steps 3, 4 and 5

4. Prepare for your LIVE event and adhere to our guidelines/best practices

5. Get ready to go LIVE and Proceed to Step 6

How to send pre-recorded content to the channel

1. Send content to 1AndersonChannel@gmail.com for review/approval

2. Administrators will send an email confirmation once content is uploaded to the 1Anderson Channel.

Visit 1Anderson on CCLE for more info. Have questions? 1AndersonChannel@gmail.com