

Take the oath.

Record on your phone or computer

Choose the setup that works best for you. No special equipment is needed.

OPTION 1

Record on your phone

Set up

Prop your phone vertically at about eye level. Frame yourself from about mid-torso up so there is room for your raised hand to stay visible.

Place the script

Print this page or open it on a computer, tablet, or second phone. Keep the words as close to the camera as you comfortably can.

Record

Use your phone's Camera app in Video mode. Start recording, then follow the reminder above the oath below.

OPTION 2

Record on your computer

Set up

Raise your laptop or webcam to about eye level. Frame yourself from about mid-torso up so there is room for your raised hand to stay visible.

Open the camera

Mac: open Photo Booth, choose Video, then Record Video. Windows 10/11: open Camera, choose Video, then Take video.

Place the script

Keep this page in a narrow window directly below or beside the webcam. Scroll slowly while you read so your eyes stay close to the camera.

A simple setup is best.

Choose a quiet, well-lit spot and read at a natural pace.



THE OATH

RAISE ONE HAND BEFORE YOU BEGIN

Make sure your raised hand stays in the frame as you read.

I (your name) do solemnly
swear that I will support
and defend the
Constitution of the United
States against all enemies,
foreign and domestic, that I
will bear true faith and
allegiance to the same,
and that I take this
obligation freely, without
any mental reservation or
purpose of evasion.

I'm proud to affirm my oath
to the Constitution of the
United States of America.
And I hope you will too.

SHARE YOUR OATH

Post your video on the social platform you use with #TheOathProject and tag @americanconstitutionsociety. Invite a few people in your network to take the oath, too.

Recorded on a computer?

Mac: select the video in Photo Booth and choose File > Export. Windows: select the recorded thumbnail, then ... > Open Folder. Upload that saved video file when you create your post.

Make it yours.