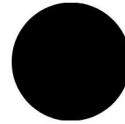# CONTRIBUTOR GUIDELINES

PROLONG LABS

| #35c4a2 | #3058b1 | #f1f1f1 | #000000 |

AUDIENCE

PROLONG'S FOUNDATION OF BELIEF IS THAT DIVERSITY AND INCLUSION ARE NECESSARY ELEMENTS TO COMMUNICATE RICH IDEAS AND PERSPECTIVES. WE MAKE ACTIVE EFFORTS TO PROVIDE OUR AUDIENCE WITH EDUCATIONAL AND ENTERTAINING CONTENT THAT THEY MAY DERIVE VALUE FROM. PROLONG IS ALL INCLUSIVE AND WE ACCEPT SUBMISSIONS FROM ALL AGES, ALL RACES AND ETHNICITIES, ALL COUNTRIES AND LANGUAGES.

TONE OF VOICE

AT PROLONG, DIVERSITY IN TONE IS CELEBRATED. WE ENCOURAGE CONTRIBUTORS TO EXPRESS THEMSELVES AUTHENTICALLY WITHOUT FEELING RESTRICTED TO A SPECIFIC TONE OF VOICE. LET YOUR UNIQUE VOICE SHINE THROUGH IN YOUR ARTICLES. NEGATIVE, DEROGATORY, RACIST OR SEXIST COMMENTS OR HINTS WILL NOT BE ACCEPTED.

ORIGINAL CONTENT

WE REQUIRE ALL CONTRIBUTORS TO SUBMIT ORIGINAL CONTENT TO US. WE DO NOT ACCEPT AI CONTENT - ONLY HUMANS WRITING FOR OTHER HUMANS TO ENJOY. CONTENT CANNOT HAVE BEEN POSTED ELSEWHERE ONLINE OR OFFLINE. LIKEWISE, WE REQUIRE ALL IMAGERY (EACH FEATURE REQUIRES AT LEAST ONE) TO BE ORIGINAL OR SOURCED FROM A STOCK IMAGE SITE LIKE STOCK.ADOBE.COM.

EDITING

AS MENTIONED ABOVE, WE WILL PROOFREAD ALL ARTICLES FOR SPELLING, GRAMMAR AND PUNCTUATION AND FLAG ANY CHANGES TO THE AUTHOR. SAYING THIS, WE DON'T HAVE A STRINGENT EDITING PROCESS, AS WE WANT TO ENCOURAGE FREEDOM OF SPEECH.

CONTRIBUTOR GUIDELINES

PROLONG LABS

SEO & BACKLINKING

CONTENT MUST BE RELEVANT TO OUR SITE AND CONTAIN MAXIMUM 2 OUTBOUND LINKS. WE ALSO ENCOURAGE LINKING TO OTHER PROLONG ARTICLES WHERE APPROPRIATE, AS WELL AS TO ANY CREDIBLE, PRIMARY SOURCES. ARTICLES AND FEATURES SHOULD BE A MINIMUM OF 1500 WORDS AND TAKE INTO ACCOUNT THE IMPORTANCE OF SEO AND KEYWORDS WITHIN THE ARTICLE.

SHARING

WE ASK OUR CONTRIBUTORS TO FEEL FREE TO SHARE THEIR WORK WHERE POSSIBLE WITH LINKS TO OUR WEBSITE. FRIENDS, FAMILY, RANDOM PEOPLE ON THE STREET, THE PERSON YOU ALWAYS MEET FOR YOUR MORNING COFFEE. LET'S BE HEARD!