ANTIHERO AI · LIVE GUIDE · FREE

FUN WITH FACE SWAP & VOICE CLONING.

The good side of the tools from Deepfake Night: clone your own voice in ElevenLabs, narrate your own ebook or podcast even if reading out loud isn't your thing, try a live face swap or an AI avatar, and the rules that keep it fun instead of creepy. Consent first, always.

SATURDAY, OCTOBER 24, 2026 · FACEBOOK LIVE

WHAT'S INSIDE

On October 24 Matt spent a live swapping faces and cloning his voice to warn people about scams. He also kept saying the same tools have real, legit uses. This guide is that half.

00 **The short version.** Your face, your voice, your rules

01 **In Matt's words.** The good, and the double edge

02 **The toolbox.** What Matt showed, what it costs

03 **Clone your own voice.** ElevenLabs, step by step

04 **A good script.** What to read into the mic

05 **Narrate your ebook.** Even if you're not a confident reader

06 **Podcasts and YouTube.** Voiceovers without the nerves

07 **Live face swap.** Swapface, for fun on stream

08 **AI avatars.** Make videos without being on camera

09 **Voice changers.** Voicemod for games and bits

10 **The bad uses.** What not to do, and why it's illegal or banned

11 **Consent and ethics.** The rules

12 **Starter prompts.** Get your AI to set it up

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HONESTY BOX

Every quote is word for word from the transcript of Matt's October 24 replay (the second, longer video). His short first video that night isn't covered because we don't have its recording. Tool features and prices come from each company's own site or docs, read October 25, 2026. Prices change; check before you pay.

YOUR FACE.
YOUR VOICE.

00

The rule for this whole guide fits on one line: clone yourself, not other people.

> "it doesn't all have to be for bad things, you know?"
> MATT, ON THE OCTOBER 24 LIVE

- **Clone your own voice** in ElevenLabs with a minute or two of clean audio. It costs from $6 a month.
- **Use it for real work:** narrate your ebook, voice your YouTube videos, read your podcast intro, fix a flubbed line without re-recording.
- **Play with face swap and voice changers** on stream, in games, and for bits, where everyone knows it's a bit.
- **Never clone or swap a real person without their clear permission.** It breaks the tools' rules, and in many places the law.
- **Label it.** If it's AI, say so.

> "like there's lots of legitimate use cases for this stuff"
> MATT, ON THE OCTOBER 24 LIVE

01

IN MATT'S WORDS

Matt didn't pretend the tools are only dangerous, or only fun. Straight from the transcript.

> "So I mean, you know, but like on a positive way, it's also like if you want to do a podcast and maybe you're not a great reader or, you know, maybe you just get nervous when you read or you want to record something that's professional, you want to narrate over something, you want to use something for your YouTube, this works really well."
>
> MATT, ON THE OCTOBER 24 LIVE

> "It really is a double-edged sword."
>
> MATT, ON THE OCTOBER 24 LIVE

> "11 Labs is really, it's cool. It's great for making content."
>
> MATT, ON THE OCTOBER 24 LIVE

> "you can create your own avatar in real time. This is good if you want to do videos without being yourself."
>
> MATT, ON THE OCTOBER 24 LIVE

> "So these tools exist, they're really fun to use for the right reasons, and dicks are going to use them for the wrong reasons, unfortunately."
>
> MATT, ON THE OCTOBER 24 LIVE

02

THE TOOLBOX

Every tool Matt used or pulled up on the live, checked against its official site on October 25, 2026.

TOOL	GOOD FOR	COST
ElevenLabs	Cloning your own voice, narration, audiobooks, voiceovers, music, voice isolator	Free plan has no cloning. Starter $6/mo adds Instant Voice Cloning; Creator $22/mo adds Professional Voice Cloning
Swapface	Live face swap on stream or camera; runs on your own PC	Free to start; the free version shows a watermark. Windows 10+, 16 GB RAM, RTX 2060/3060-class GPU
Voicemod	Real-time voice changer for games, Discord, streams	Free basic version; Pro is paid (Apple lists a 3-month sub at $17.95)
Deep-Live-Cam	Open-source real-time face swap from one photo	Free on GitHub; paid pre-built versions
LiveSwap	Face swap in the browser, one clean photo	From $12/month
Facecam AI	Live face swap, avatars, voice changer for Meet, Zoom, Teams, Discord	Free to try; paid plans
OBS Studio	Putting it all together on a stream or recording	Free, open source

> “voice mods free for the basic version”
>
> MATT, ON THE OCTOBER 24 LIVE

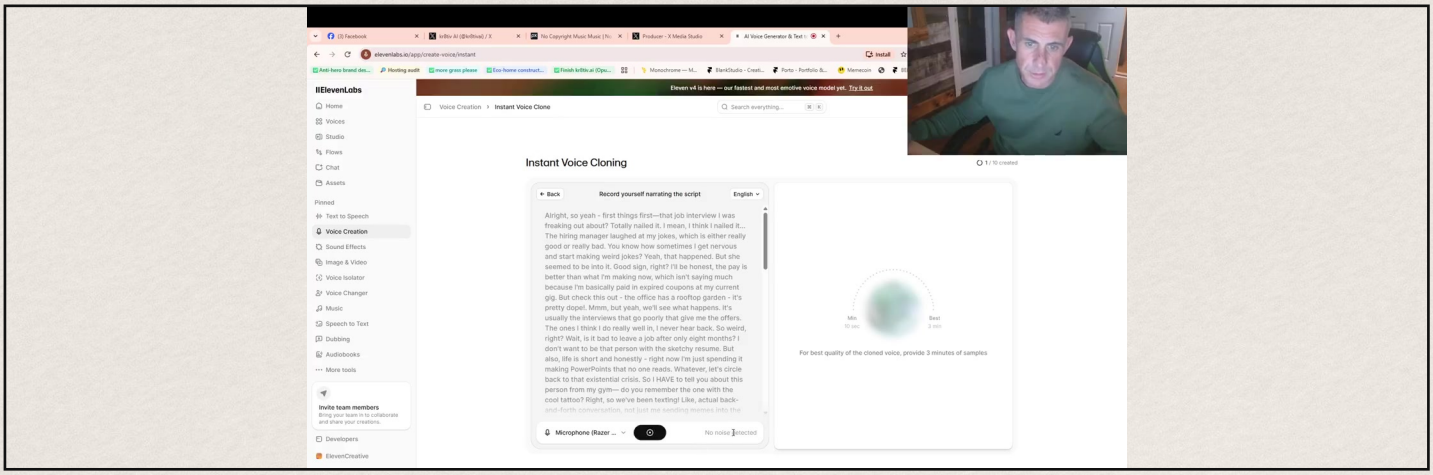
MATT'S CHEAPSKATE MOMENT

Mid-demo, Swapface's free quota ran out: "oh I ran out of quota today how dare you well that's what I get for being cheap". Free tiers are for playing. If you build something real on one, expect to pay.

03

CLONE YOUR OWN VOICE

This is what Matt did live: read a script into the mic, hit clone, and type something for "him" to say. Here is the official way.



ELEVENLABS INSTANT VOICE CLONING, ON THE OCTOBER 24 LIVE.

1. Sign up at **elevenlabs.io** and choose at least the **Starter** plan (cloning isn't on the free plan).
2. Go to **Voices**, then **Create a voice** and pick **Instant Voice Clone**.
3. Record straight into your mic, or upload a clean recording. Minimum 10 seconds; **1 to 2 minutes** is the sweet spot. More than 3 minutes barely helps.
4. Confirm that it's your voice and you have the right to clone it. ElevenLabs asks every time.
5. Name it, save it, then type a line in **Text to Speech** and pick your new voice.

> "Okay, so that's taking 50 seconds right let's clone that voice"
>
> MATT, ON THE OCTOBER 24 LIVE

WANT IT EVEN CLOSER?

Professional Voice Cloning (Creator plan and up) trains on 30 minutes to 3 hours of your audio and takes a few hours. Use it for an audiobook. Instant is plenty for voiceovers.

SOURCE ElevenLabs docs: Instant and Professional Voice Cloning, read October 25, 2026.

04

A GOOD SAMPLE

The clone copies everything: your voice, your room, your mic, your mood. Garbage in, robot out.

- [ ] **Quiet room.** Soft furnishings help. No fan, no fridge hum, no dog.
- [ ] **Same mic every time.** A cheap USB mic beats a laptop mic.
- [ ] **Read the way you want it to sound.** If it's for an audiobook, read like a narrator. If it's for YouTube, read like you talk on YouTube.
- [ ] **Natural, not perfect.** Stumbles are fine; just keep going.
- [ ] **One voice only.** No music, no other people, no effects.
- [ ] **Keep the raw file.** ElevenLabs voice clones can't be exported, so your recording is your backup.

PROMPT 01 · WRITE ME A RECORDING SCRIPT

```
Write a 2-minute script for me to read out loud to clone my voice in ElevenLabs.
I sound like: [calm / energetic / storyteller]. I'll use the clone for [audiobook / YouTube / podcast].
Mix short and long sentences, questions, a few numbers and names, and some emotion. Plain everyday words.
```

05

NARRATE YOUR EBOOK

Matt called this out specifically: maybe you're not a great reader, or you get nervous reading. Your own cloned voice can read your book for you.

> "If you're doing an audio book or something like that"
>
> MATT, ON THE OCTOBER 24 LIVE

1. **Clone your voice** (step 03). For a whole book, Professional Voice Cloning sounds most like you.
2. Open **ElevenLabs Studio** and start a new **audiobook** project.
3. **Import your book:** EPUB, PDF, DOCX, TXT or HTML, or a web link.
4. Pick your cloned voice. Listen chapter by chapter and fix names or odd words with the pronunciation tools.
5. Where a line matters, use **Actor Mode**: record yourself saying it the way you want, and the voice follows your delivery.
6. Export the audio, or publish to **Spotify for Authors** or **InAudio** from Studio.

BEFORE YOU PUBLISH

ElevenLabs asks you to **verify** an Instant Voice Clone before publishing with it, and published titles are labelled as narrated by a digital voice. That's good: readers deserve to know.

SOURCE ElevenLabs Studio docs, read October 25, 2026. Free-plan video exports carry a watermark.

PODCASTS & YOUTUBE

06

Your voice, minus the 14 takes. Matt uses ElevenLabs for voiceovers himself: he still had a subscription on the live because he'd just used it for voiceovers.

- **Voiceovers:** write the script, generate it in your cloned voice, drop it under your screen recording.
- **Fix a flubbed line** without re-recording the whole thing.
- **Clean up real recordings** with the voice isolator Matt pointed to on the live.

PROMPT 02 · TURN MY NOTES INTO A VOICEOVER

```
Here are my notes for a [length]-minute [YouTube video / podcast segment]: [paste notes].
Rewrite them as a script that sounds like me talking, not like an essay: short sentences, one idea per line.
Mark where I should pause with (pause). Keep it under [word count] words.
```

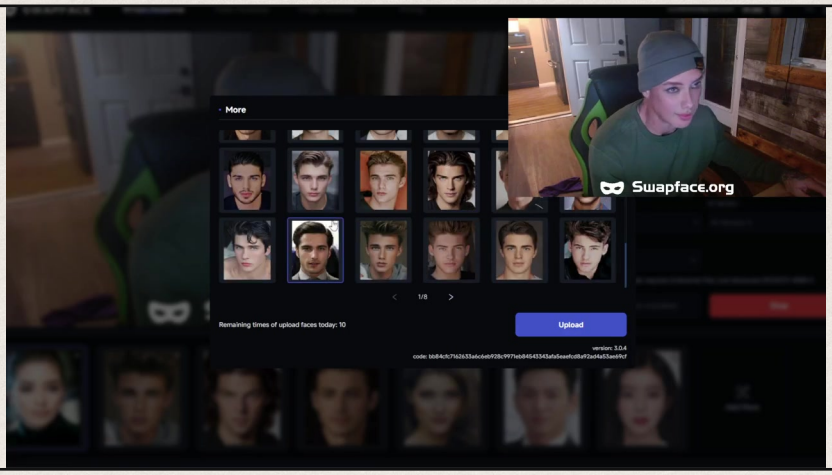
TELL PEOPLE

If a video uses your AI voice, say so in the description. On YouTube, follow its rules on disclosing realistic altered content.

07

LIVE FACE SWAP

This is the tool Matt wore most of the night. It runs on your own computer and swaps your face on your webcam in real time.



SWAPFACE ON THE OCTOBER 24 LIVE: PICK A FACE, CLICK START.

1. Check your PC: Windows 10 or later (64-bit), 16 GB RAM, an NVIDIA RTX 2060/3060-class card with 6 GB+ of video memory.
2. Download Swapface from **swapface.org** and open it.
3. Pick your camera, choose a face from the grid (or upload one you have rights to), and click **Start**.
4. In OBS, Zoom or Discord, choose the Swapface virtual camera as your camera.

> "So this is called Swap Face, and it is a completely free tool."
> MATT, ON THE OCTOBER 24 LIVE

> "And if you pay for the full version, that face swap cam is gone."
> MATT, ON THE OCTOBER 24 LIVE

FUN IDEAS THAT HURT NOBODY

A character for a comedy bit. A costume on stream, as Matt put it, "to be Iron Man." A made-up host for a series. Always the built-in faces or your own, never a real person's without permission.

08

AI AVATARS

Matt flagged AI avatars as the next thing he wants to show the group. For people who hate being on camera, it's the friendly side of this tech.

> "you can create your own avatar in real time. This is good if you want to do videos without being yourself."
>
> MATT, ON THE OCTOBER 24 LIVE

- **Deep-Live-Cam** (free, open source): swap in a face from a single image, live or on a video. "Anybody who has a decent computer," as Matt said.
- **Facecam AI:** live AI avatars, VTuber makers and face swap for Meet, Zoom, Teams and Discord, from inside Chrome.
- **LiveSwap:** face swap in the browser from one clean photo, no gaming PC needed.
- **Make the avatar from scratch:** generate an original character with an AI image tool so it isn't anybody real.

> "You can just tell your AI to set it up for you."
>
> MATT, ON THE OCTOBER 24 LIVE

THE DEEP-LIVE-CAM RULE

Its own README says: if using a real person's face, get their consent and clearly label the output as a deepfake when sharing online.

SOURCE github.com/hacksider/Deep-Live-Cam README, read October 25, 2026.

09

VOICE CHANGERS

A voice changer isn't a clone. It reshapes your own voice live: robot, monster, radio host.

1. Download **Voicemod** for Windows or Mac from voicemod.net.
2. It adds a virtual microphone. In Discord, OBS, your game or Zoom, choose the Voicemod mic.
3. Pick a voice (there are 200+) and toggle it on and off with a hotkey.

> "Gamers use it a lot. Like I said, it's not all malicious stuff."
> MATT, ON THE OCTOBER 24 LIVE

> "you can do humans you can do horror do musical like sci-fi you can do robots and people have been using this for ages."
> MATT, ON THE OCTOBER 24 LIVE

PRO OR FREE?

Matt used the free version and said he didn't pay for a subscription. The paid version unlocks more voices. Apple's App Store lists a 3-month subscription at $17.95; desktop prices are shown inside the app.

THE BAD USES

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Matt spent most of the live on this side, so we will too. Each of these hurts real people, and every tool in this guide bans them.

DON'T	WHY
Clone or swap a real person without their clear permission	ElevenLabs bans cloning any living person without explicit, informed consent. Many places have laws on impersonation and likeness
Scam calls, fake emergencies, romance scams	Fraud. The FBI and the Canadian Anti-Fraud Centre see these every day
Fake a public figure saying something	Misleading people about real events; banned by the tools
Anything sexual using a real person's face, or anything with minors	Banned by the tools, harmful, and illegal in many places
Remove AI watermarks or labels	ElevenLabs' policy specifically forbids it
Clone a kid's voice	ElevenLabs bans minors' voices, and you must be 18+ to have an account

> "Don't go using this for nefarious purposes, man."
>
> MATT, ON THE OCTOBER 24 LIVE

> "The internet isn't as private as you think it is."
>
> MATT, ON THE OCTOBER 24 LIVE

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CONSENT & ETHICS

Five rules that keep this on the fun side of the double-edged sword.

1. **Yours, or with a yes.** Your own face and voice, or a clear, specific, written yes from the person. "Can I clone your voice for my podcast intro?" is a question you ask, not assume.
2. **Say it's AI.** In the video, the description, or the book credits.
3. **No surprises.** If someone could be fooled into thinking it's real, you're doing it wrong.
4. **Lock it down.** Strong password and two-step login on any account holding a clone of your voice. That clone could be used to call your mom.
5. **Set a family safe word** anyway. See the companion guide.

COMPANION GUIDE

Deepfakes & Scams: How to Protect Your Family is the other half of the same live: red flags, the family safe word, and what to do when the call comes. Free on antihero.community/guides.

> "It really is a double-edged sword."
>
> MATT, ON THE OCTOBER 24 LIVE

12

STARTER PROMPTS

Matt's advice for every tool on the live: hand the setup to your AI. Paste one of these.

PROMPT 03 · SET UP A VOICEOVER WORKFLOW

```
I want to make [YouTube videos / a podcast] with my own cloned voice from ElevenLabs.
Walk me through it one step at a time: recording a good sample, making the clone, writing scripts, generating audio, and putting it under my video in [editing app].
Ask me what computer and mic I have first.
```

PROMPT 04 · PLAN MY AUDIOBOOK

```
I wrote a [genre] ebook of about [word count] words. I'm not a confident reader.
Help me plan narrating it with my own cloned voice in ElevenLabs Studio: which clone type, how long the sample should be, how to fix pronunciation, a chapter-by-chapter checklist, and how to label it as AI-narrated.
```

PROMPT 05 · IS MY PC GOOD ENOUGH?

```
Here are my computer specs: [paste from system info].
Can I run a live face swap app like Swapface or Deep-Live-Cam? If not, what browser-based option would work, and what does it cost?
```

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WHERE IT ALL CAME FROM

Quotes from one place, facts from the official sources, read October 25, 2026.

SOURCE	WHAT IT GAVE THIS GUIDE
Matt's October 24 live (second video, 43 minutes)	Every quote; the tools; podcast, narration and YouTube uses; the warnings
ElevenLabs docs: Instant and Professional Voice Cloning	10-second minimum, 1–2 minutes recommended, consent check, PVC needs 30+ min, clones can't be exported
ElevenLabs pricing and Studio docs	Plans; audiobook import formats; Actor Mode; publishing and verification
ElevenLabs Prohibited Use Policy	Consent, fraud, minors, 18+, watermarks
swapface.org, voicemod.net, liveswap.io, facecam.ai	Features, requirements and prices
Deep-Live-Cam README (GitHub)	Free and open source; its consent-and-label rule
Apple App Store (Voicemod listing)	The $17.95 three-month price

HOW THE QUOTES WERE CHECKED

The replay was transcribed from the recording, and every quote was matched word for word against that transcript. Filler words are kept as spoken.

LINKS

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Every tool and doc in this guide.

VOICE

ElevenLabs	elevenlabs.io
ElevenLabs pricing	elevenlabs.io/pricing
Instant Voice Cloning docs	elevenlabs.io/docs/product-guides/voices/voice-cloning/instant-voice-cloning
ElevenLabs Prohibited Use Policy	elevenlabs.io/use-policy
Voicemod	voicemod.net

FACE AND AVATARS

Swapface	swapface.org
Deep-Live-Cam	github.com/hacksider/Deep-Live-Cam
LiveSwap	liveswap.io
Facecam AI	facecam.ai
OBS Studio	obsproject.com

ANTIHERO

Watch the replay	antihero.community/videos
Deepfakes & Scams guide	antihero.community/guides
AntiHero AI group	facebook.com/groups/antiheroai

CLONE YOURSELF.

Homework: clone your own voice (nobody else's), have it read the first paragraph of something you wrote, and post it in the group with an "AI voice" label. The AntiHero AI group is free, sells nothing, and will absolutely roast your robot voice. Kindly.

FACEBOOK.COM/GROUPS/ANTIHEROAI