How to upload a video to YouTube (computer or mobile):

https://support.google.com/youtube/answer/57407?hl=en&co=GENIE.Platform%3DDesktop

How to make a video Unlisted:

This keeps your video private to the public, but accessible by anyone you share the link with. Unlisted videos and playlists can be **seen and shared by anyone with the link**. Your unlisted videos won't appear in the **Videos** tab of your channel homepage. They won't show up in YouTube's search results unless someone adds your unlisted video to a public playlist. You can share an unlisted video's URL. Those you share the video with don't need a Google Account to see the video. Anyone with the link can also reshare it.

https://support.google.com/youtube/answer/157177?hl=en&co=GENIE.Platform%3DDesktop