

DIGITAL STORYTELLING



INTRODUCTION

Digital Storytelling refers to the practice of using digital tools to tell stories or present ideas.

It first begins with the traditional process of selecting a topic, conducting research, writing a script, and developing an interesting story.

This material is combined with various multimedia types, including still images, recorded audio, video, artificial intelligence-generated text, video clips, and music.



How to use

This slide deck is designed to provide comprehensive support in navigating the strategic planning stage of a digital storytelling approach.

It provides specific methodologies for the respective trainers (i.e., *children trained through the ToTs*) to train the audience (i.e., *children aged 13 and above in the Children's Clubs*) in creating compelling digital stories.



Agenda

Day 1

Time	Session
9.00 - 9.30am	Start of programme
9.30 - 10.30 am	The significance of digital storytelling
10.30- 10.45 am	Tea Break
10.45 - 11.00 am	Steps to creating a digital story
11.00 - 12.00 Pm	Session 1- Come up with an idea for the story
12.00 - 1.00 Pm	Session 2- Plan your story
1.00 - 2.00 pm	Lunch
2.00 - 2.40 pm	Session 3- Write a script
2.40 - 3.20 pm	Session 4- Develop a storyboard
3.20 - 4.00 pm	Summary of Day 1, Additional clarifications, and Closure

Day 2

Time	Session
9.00 - 9.30am	Re-cap of day 1
9.30 - 10.00 am	Session 5.1 - Get to know your mobile phone
10.00 - 10.30	Session 5.2 - Rule of Third
10.30 - 10.45 am	Tea Break
10.45 - 11.45 am	Session 5.3 - Camera basic shot types
11.45- 12.30 pm	Session 5.4 - Video sequence
12.30 - 1.15 pm	Lunch
1.15 - 2.15 pm	Session 5.5 - Basic interview techniques
2.15- 3.15 pm	Session 6 - Compile and create
3.15 - 3.45 pm	Session 7 - Publish and share
3.45 - 4.30 pm	Session 8 - Review and Reflect

Ten Smart and Safe Tips for Using Digital Media Platforms

- #1** Respect what other people are saying on social media, even if you do not agree with them.
- #2** Don't share personal information like your address, phone number or bank details.
- #3** Be careful when buying something online - only buy from trustworthy websites.
- #4** Be careful of anything that is free online - this could be a scam. Only download from websites that are trustworthy.
- #5** Remember even free downloads can cost you money because they use data/airtime.
- #6** You can change the privacy settings on your social media platforms to help you control who sees your information and photos.
- #7** Don't believe everything you read online the first time - search for other trustworthy articles, websites or people to see what they are saying.
- #8** You have the right to privacy - and so do others. It is not okay to log into other people's accounts or to use their phones or profiles without their permission.
- #9** Don't spread rumours or post/share hurtful or embarrassing stories or photos. Things that may seem funny can hurt someone.
- #10** Think twice before you click 'send' - especially if you're upset or angry. Once you share a photo or a video it is hard to control what happens to it and who sees it.

Source: Internet of Good Things – UNICEF South Asia

The Significance of Digital Storytelling

Storytelling is a known tool which increases people's encounters with life. Stories engage people by making a topic relatable, and the way in which a story is conveyed can create an emotional connection to the topic.

We tell stories to share our ideas, thoughts, problems, ambitions, and hopes. We rely on stories, and the relationships we establish through them keep us grounded in times of hardship.

Storytelling can evoke emotions and create new worlds and experiences for the viewer/listener. Stories from around the island would be useful in increasing awareness about the ground realities.

Through this approach children can be encouraged to stand up for their rights and work towards the change they want to see in their own community and society at large

Benefits of Digital Storytelling for Children

- ❖ Enabling creative imagination
- ❖ Promoting social change
- ❖ Encouraging innovation and creativity
- ❖ Improving communication skills
- ❖ Fostering emotional and social



ACTIVITY 01 (20 MINS)



Look at the pictures carefully and create a story out of them. Be creative when creating the story.

- ✓ Who are the characters in your story?
- ✓ What kind of atmosphere /environment is in your story?
- ✓ What is happening with your characters?
- ✓ What is your key message through this story?
- ✓ Write your story here:

ACTIVITY 02 (30 MINS)

Discuss the following questions in your groups:

- ✓ You have seen the same pictures. However, the stories that each of the groups presented were different. How is this possible?
- ✓ So, what is the correct story? Why?
- ✓ Can you see some similarities in all your stories? What are those? Without these similarities, can you tell these stories?
- ✓ Who are the characters in your stories?
- ✓ What is the location looking like?
- ✓ How was your story presented?
- ✓ Now, can you list the elements of your story?



CONCLUSION (10 MINS)

- There is no correct or wrong storytelling method. Anyone can tell stories according to their experience, education, and perception.
- Storytelling is an Art. However, without story elements, you cannot tell any story.
- The story elements are,

— Characters

— Setting/ Plot/ Location

Story Arc

Start - Introduction of characters, their behaviors, qualities, location, plot, situation, etc.

Mid - Conflict, climax events, issues, problems,

End - Solutions, proposals, and appeals to resolve the conflict/ problem/ issue.



Steps to creating a Digital Story



Step 01:
Ideas for Stories



Step 02:
Plan Your Story



Step 03:
Write a Script



Step 04:
Develop a
Storyboard



Step 05:
Film & Record



Step 06:
Compile & Create



Step 07:
Publish & Share



Step 08:
Review & Reflect

STEP 01

**Come Up With an
Idea for the
Story**



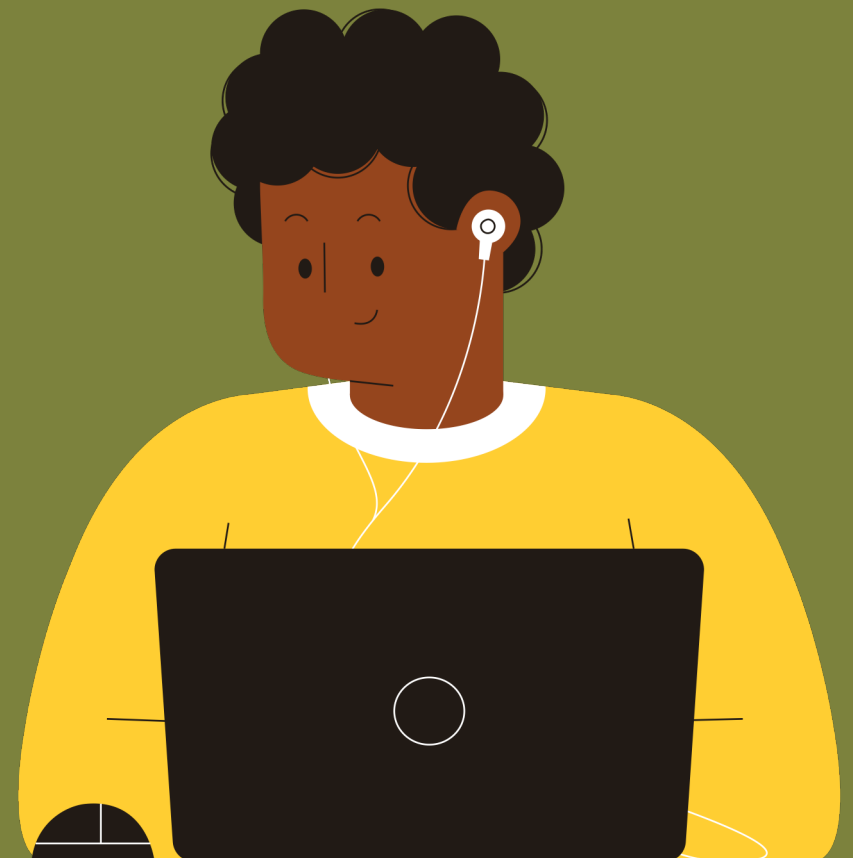


INTRODUCTION

The first step involves brainstorming ideas for the story that one would like to tell.

A story is not the same as a topic. A story highlights what happens and why it matters or what it means. A story has emotional value.

Therefore, finding a story often takes longer than producing a story. For this purpose, the storyteller should be familiar with story hunting techniques to find a compelling story to tell.



ACTIVITY 1 (20 mins)

- What is the importance of adequately focusing to come up with a story idea?
- What are the different ways one can follow to identify an idea for their story? What areas do one need to be mindful of?
- What are the technical requirements (regarding devices, internet connection, applications, etc.) that one needs to consider during the digital story development process?

ACTIVITY 2 (40 mins)

Divide the participants into groups based on their village (it is better to keep 5-6 persons in a group).

- Pick an important issue to resolve in your village/division using five pictures/art
- Highlight the issue, who is affected, where it is happening, who is involved, etc.
- Present it to the audience

Use this template to convert your art presentation into text

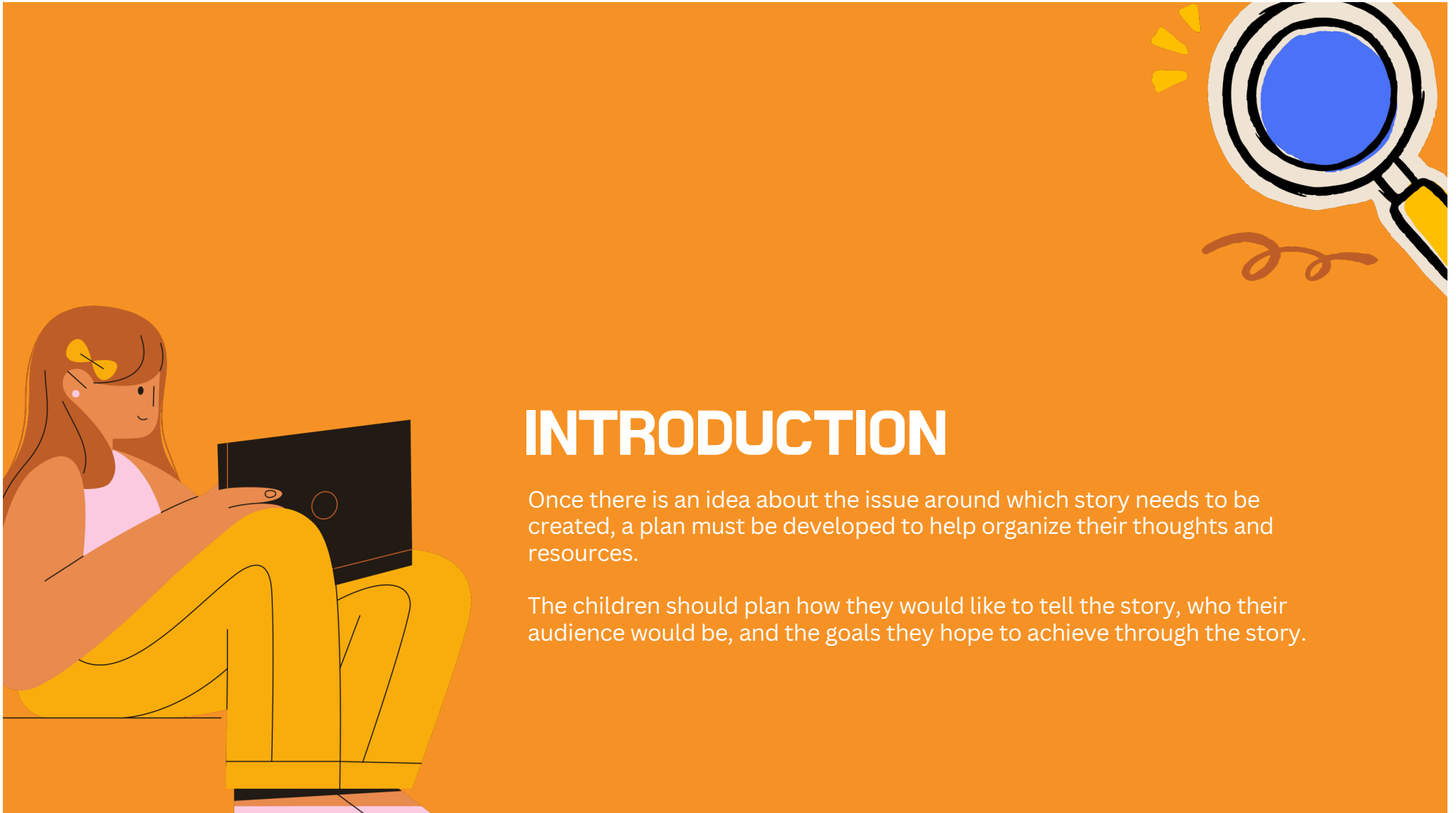


- What is the issue you would like to focus on for this story?
- What is your connection to this issue?
- Is this issue motivating to an audience?
- Is this issue relatable to the audience?
- Can I tell my story in just a few minutes?
- What sort of work do I need to do to be able to tell this story? (e.g., Do I need to do background research or gather details from other people?)
- Is there supporting material (e.g., photos, data, video) that I can use to help tell my story?
- What is your story topic?

STEP 02

Plan Your Story





INTRODUCTION

Once there is an idea about the issue around which story needs to be created, a plan must be developed to help organize their thoughts and resources.

The children should plan how they would like to tell the story, who their audience would be, and the goals they hope to achieve through the story.

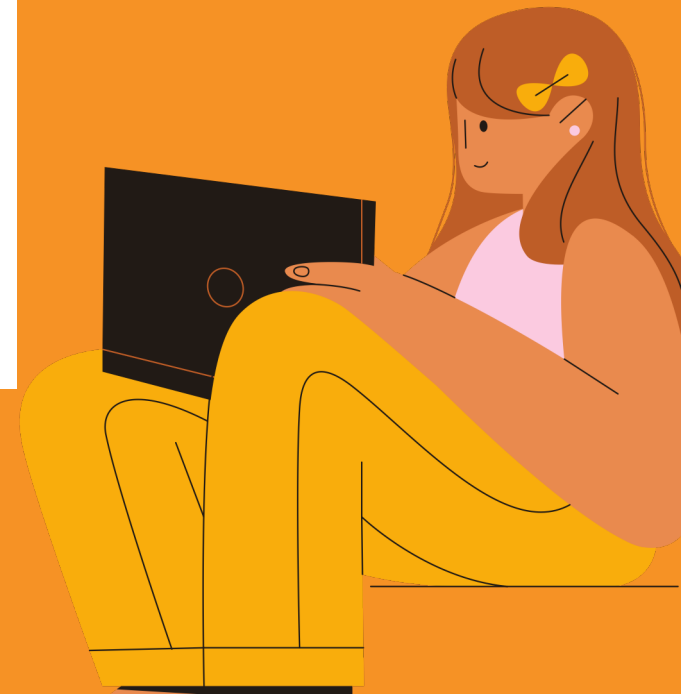
Personal vs Community Storytelling

Personal Storytelling

- You are the main storyteller
- More control over the content
- Easy to produce
- Less time consuming
- Quick decision making
- Only your perspective

Community Storytelling

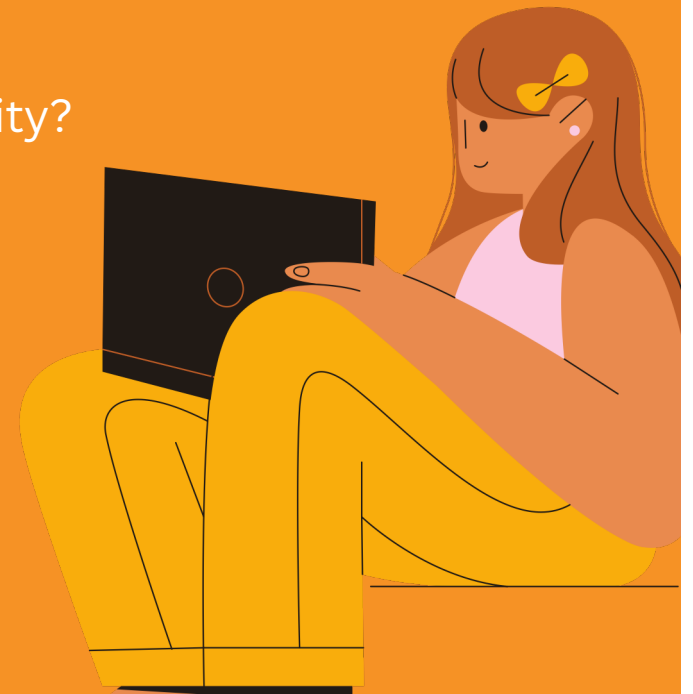
- A group of people contribute
- Control lies more within a group of people
- Might not be so easy because many perspectives need to be considered
- Might be time-consuming as many actors are involved
- Might be difficult to take a decision as many opinions may need to be considered
- Diverse perspectives



ACTIVITY 01 (20 mins)

Discuss on the following points:

- How should you plan the development of your digital story?
- What is personal vs community storytelling?
- What do you think are areas to be considered when developing digital stories and engaging with the community?



ACTIVITY 02 (40 mins)

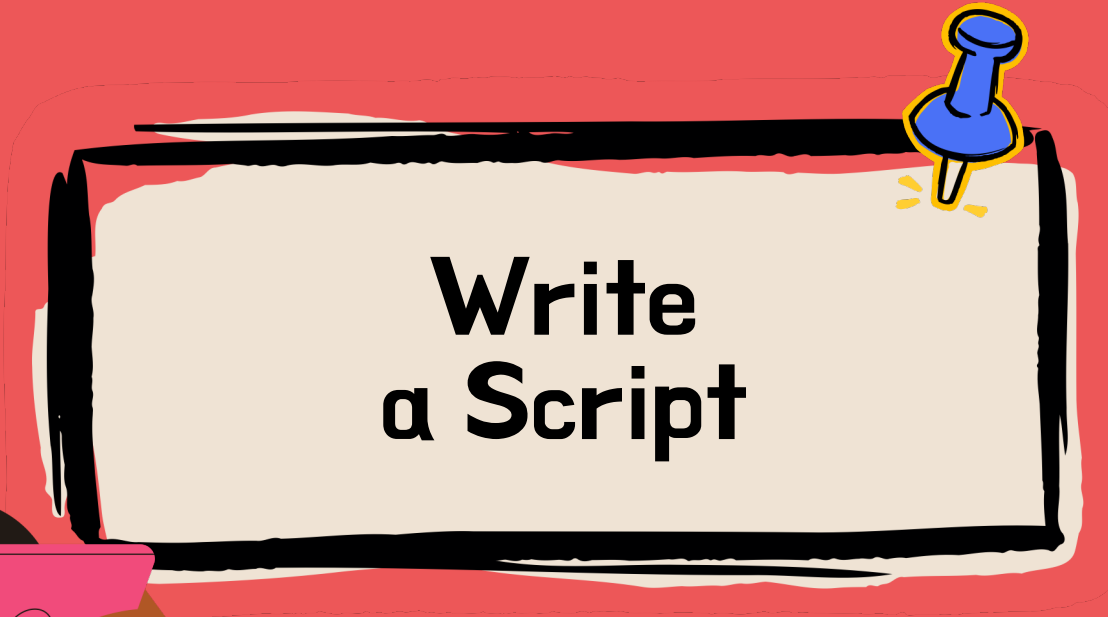
Use this template to
plan your story



- Why are you telling this story? What is your personal motivation?
- What additional information did you find about the issue, situation or proposed solution?
- **Goals:** What do you want to achieve by telling this story?
- **Audience:** Who are the audience of your story? What kind of change do you expect in the audience through this story?
- **Benefits:** What sort of benefits do you or your community get by telling this story?
- **Stakeholders:** Who will be involved in the development of this story?
- **Resources:** What sort of resources do you need to complete your story?
- **Challenges:** What challenges and drawbacks will you face (E.g., safety, privacy, community involvement etc.)?
- **Activity Timeline:** When do you want to complete making this story? Mention the activities and develop the timeline.

STEP 03

**Write
a Script**





INTRODUCTION

The script includes writing exercises, which can be done alone or in small or large groups. The storyteller should outline a plan of what they would like to say/do and how this would be done. A storyteller may, for instance, take down notes on a piece of paper of all the parts that will make up the digital story, such as the videos, photographs, text, and music, and arrange them in the order that they will appear in the recording.

Even if the storyteller is unsure of what exact images or sounds will be used, writing a script by predicting what the storyteller wants in their final digital story is a great way to plan a better delivery.



ACTIVITY 01 (40 mins)

SCRIPT TEMPLATE

[illegible]

SCRIPT SAMPLE

Name of digital story
Silent struggles, shared strength.

Characters	Location	Property (includes objects, materials, equipment and other properties necessary for the scene.)
Kasun	School Classroom	
Meena	School playground	
Classmates		Pencil, school bell, school bags, bench, notice board, poster about mental health

In a classroom filled with chatter, 14-year-old Kasun stares blankly at his notebook. Kasun looks lost and distracted, while the noise of conversations fills the room.

Meena, sitting next to Kasun, taps her pencil quietly. Kasun sighs and lowers his head. Kasun feels overwhelmed by schoolwork and sports but hasn't told anyone. Meena, pressured by her parents, lies awake at night, unable to sleep. The school bell rings, and students grab their bags. Kasun and Meena exchange glances but remain silent. Both friends carry their silent struggles as they head to their next class.

Kasun and Meena sit on a bench at the school playground during lunch break. Meena turns to Kasun and says "You have been really quiet today, Kasun. Is everything okay?" Kasun: (hesitates) and says "I feel... tired all the time. It's like I can't catch up with anything." Meena looks surprised and then nods in understanding and say: "I feel the same way. I've been so stressed, but I didn't know how to say it either".

They notice a brightly colored poster on the school notice board about mental health support services. For the first time, Kasun and Meena realize they are not alone in their struggles.

Dialogues

Meena: "You have been really quiet today, Kasun. Is everything okay?"

Kasun: (hesitates) "I feel... tired all the time. It's like I can't catch up with anything."

Meena: "I feel the same way. I've been so stressed, but I didn't know how to say it either."



STEP 04

Develop a Storyboard



A magnifying glass with a yellow handle and a blue lens is positioned in the top left corner. Three yellow confetti pieces are scattered near the lens, and a red squiggly line is below it.

INTRODUCTION

This refers to a way of planning all the elements that will appear in the digital story in a visual format using sketches.

Please note that storyboards and scripts may often be used interchangeably, however a storyboard is a visual representation of a story or idea, in the form of a simple sketch, whereas a script is a written document that outlines the dialogue, actions and settings of a story. A storyboard is useful because it could provide an opportunity for new ideas, identify gaps, and help improve the overall digital story

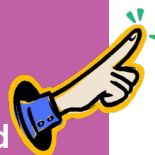


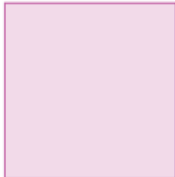
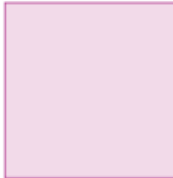
ACTIVITY 1 (40 mins)

Work in the same groups as we did for the last session:

- Divide the script you created in the previous session into *start*, *mid* and *end*
- Develop a storyboard for your story

Use this template to develop your storyboard



Name of the digital story :		
Description of the Scene		
Scene name	Scene name	Scene name
-----	-----	-----
-----	-----	-----
		
Audio	Audio	Audio
-----	-----	-----
-----	-----	-----
-----	-----	-----
Scene name	Scene name	Scene name
-----	-----	-----
-----	-----	-----
		
Audio	Audio	Audio
-----	-----	-----
-----	-----	-----
-----	-----	-----

STORYBOARD SAMPLE

Sample storyboard

Scene 1: The Classroom



Audio: Background noise of students chatting (voices not clearly heard)

TILT (THE CAMERA GOES UP OR DOWN, MAKING THE SUBJECT LOOK BIG OR SMALL). In this scene, the camera movement from up to down is shown.

Scene 2: Silent Struggles



Audio: A sad instrumental music plays in the background

Scene 3: The Bell Rings



Audio: Noise of the school bell

Scene 4: The Playground Conversation

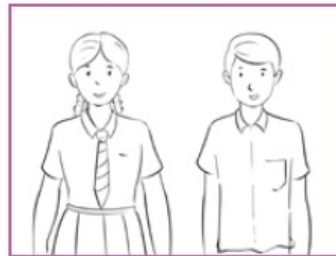


Audio: Meena: "You've been really quiet today, Kasun. Is everything okay?"

Kasun: "I feel... tired all the time. It's like I can't catch up with anything."

DOLLY (A NEAT WAY TO ZOOM IN OR OUT by moving the camera toward or away from the object). In this scene, zooming in by moving the camera towards the object is shown.)

Scene 5: Shared Feelings



Audio: Meena: "I feel the same way. I've been so stressed, but I didn't know how to say it either."

Scene 6: A Ray of Hope



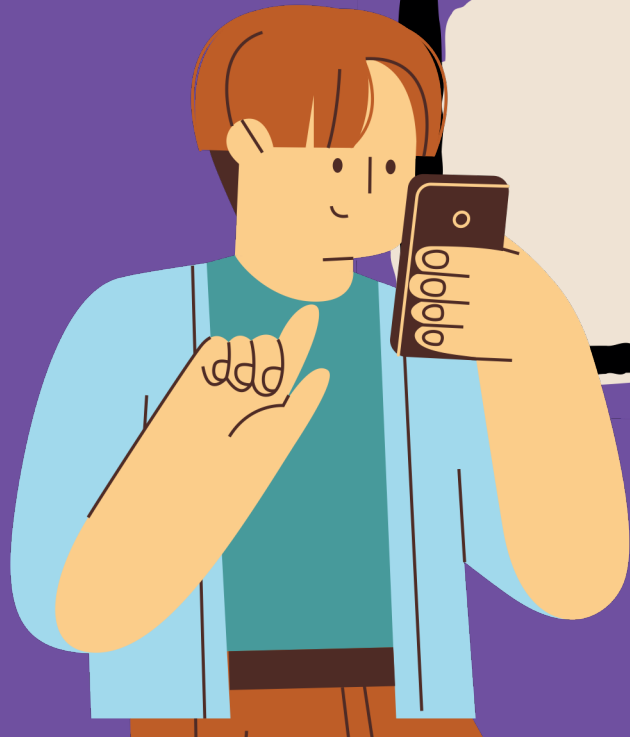
Audio: A hopeful instrumental music plays in the background.

PAN (THE CAMERA MOVES HORIZONTALLY). In this scene, moving the camera from left to right is shown.



STEP 05

Film & Record





INTRODUCTION

Digital Stories can be recorded in different ways which can include either visual and/or audio parts. If the storyteller includes photos, music, or videos from the internet, it is important to be aware of copyright rules if there are any.



DIFFERENT METHODS TO FILM & CAPTURE CONTENT



If the storyteller opts for a photo-based narrative, below are some considerations and recommendations:

Immediate Impact

- When sharing a photo online, it's crucial to recognize that you have just a fleeting moment to capture someone's attention.
- To succeed, it is imperative to contemplate how to encompass a diverse range of elements within a single image.

Portraiture

- This refers to the category of art that can capture a particular moment in time of a person or group of people through photography.
- In the realm of portraiture, it is essential to convey not only the physical appearance of the subject but also capture an idea of the subject.
- Portraits can highlight how a person wants to be seen, while reflecting the overarching themes of the narrative project.

Build Relationships

- Photos can have a significant impact on how the storyteller is perceived by others.
- It may give the storyteller a way to relive memories and by sharing them with the audience, it can help strengthen relationships and connect with the audience on a deeper level.
- Furthermore, a person's trust in your work often becomes evident in the resulting image.



DIFFERENT METHODS TO FILM & CAPTURE CONTENT



- ✓ Oral storytelling boasts a rich historical tradition across numerous cultures, rendering audio as a valuable medium for conveying narratives.
- ✓ The utilization of audio offers several advantages, including the comfort many individuals find in speaking into a microphone rather than appearing on camera, which can often create anxiety.
- ✓ Additionally, audio provides the opportunity to delve into topics with greater detail.
- ✓ It is an excellent means of reaching audiences with limited or slow internet connectivity, as audio files require less internet data.
- ✓ Moreover, the widespread availability of audio recording applications on most smartphones renders it an accessible choice.
- ✓ Audio content can also seamlessly be integrated into videos, blog posts or articles to provide supplementary background information.



DIFFERENT METHODS TO FILM & CAPTURE CONTENT



In the ever-evolving landscape of videography and multimedia, there are more opportunities than ever to captivate audiences and share updates and narratives.

Compelling Storytelling

- Videos represent one of the most powerful and compelling methods to convey a story.

Effective for Local Stories

- Videos are an effective method for sharing stories, enabling a more personal and immediate connection with the audience.

Dramatic and Impactful

- Videos can be extremely dramatic often making it an ideal medium for delivering impactful messages

Social Media Prioritization

- Social media platforms often prioritize video content, increasing their reach and visibility

Energizing and Personal

- Videos have the unique ability to capture the energy, vitality, and individuality of people, making them an engaging and relatable form of communication



MORE VIDEO OPTIONS

Live Video Broadcasting

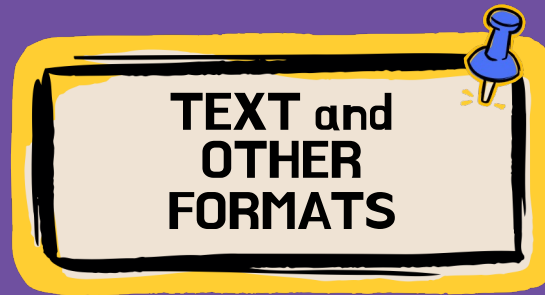
- When delving into live streaming, it is important to focus on capturing the key moments of the issue/topic being documented.
- Additionally, incorporating interviews with local participants and providing viewers with live commentary can enhance the storytelling experience.

VLOG

- This a set of videos that an individual posts regularly on the internet through which the storyteller records their thoughts or experiences.
- For instance, offering a "day in the life" from the storyteller's viewpoint.
- This approach fosters a genuine exchange of viewpoints.



DIFFERENT METHODS TO FILM & CAPTURE CONTENT



Crafting Articles or Blog Entries

- This is a highly effective method for sharing narratives with a broad and diverse audience.
- It is important to consider your audience's composition and familiarity with the topic at hand.
- If your objective is to engage a global readership, you may need to provide local context, ensuring that the content remains accessible to all.
- You can integrate a variety of multimedia elements, such as audio files, social network messages, videos, and quotations, to attribute and enhance the content.
- Popular blog platforms or your own blog can serve as effective mediums for sharing your content.



Animations or Puppetry

- The stories you collect from various sources can be skillfully adapted into visually engaging animations or lively puppet performances.
- Furthermore, stories and oral histories can be transformed into theatrical plays and live performances, providing a captivating form of public engagement and identity preservation.
- If desired, you can record these performances and share them online, extending the reach and impact of the narratives.



STEP 5.1



ACTIVITY 01 (30 mins)

- Choose the “Setting” icon on your phone
- Choose “About Phone” from the menu displayed. Go through the specifications of the phone that are displayed
- Write down your mobile brand and model number in your handbook
- Return from the ‘Setting’, and open the web browser
- Type your mobile phone’s model number in the browser and get your phone specifications
- Open the built-in camera on your phone and set up the Camera for storytelling

Open camera --> Go to setting --> ✓ Enable Auto HDR
✓ Enable grid lines
✓ Change ratio to 3:4
✓ Change video size 9:16
✓ Frame rate HD (1280 X720)



IS YOUR SMARTPHONE SUITABLE FOR MOBILE PRODUCTION?

- Operating System - Android 9 and above
- Minimum RAM - 64 GB
- Minimum ROM - 4 GB
- Camera pixels - 48 MP
- Battery - 4000 mAh

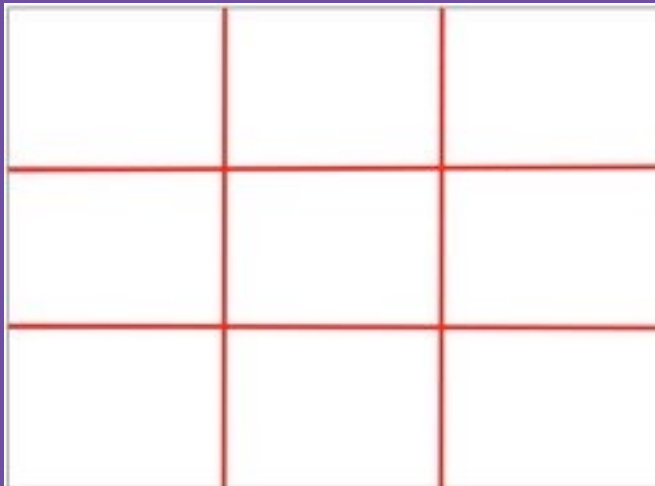


STEP 5.2

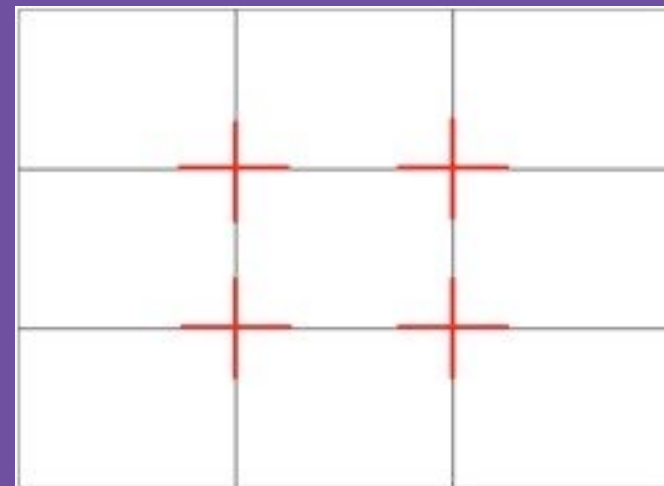




RULE OF THIRD



GOLDEN LINES

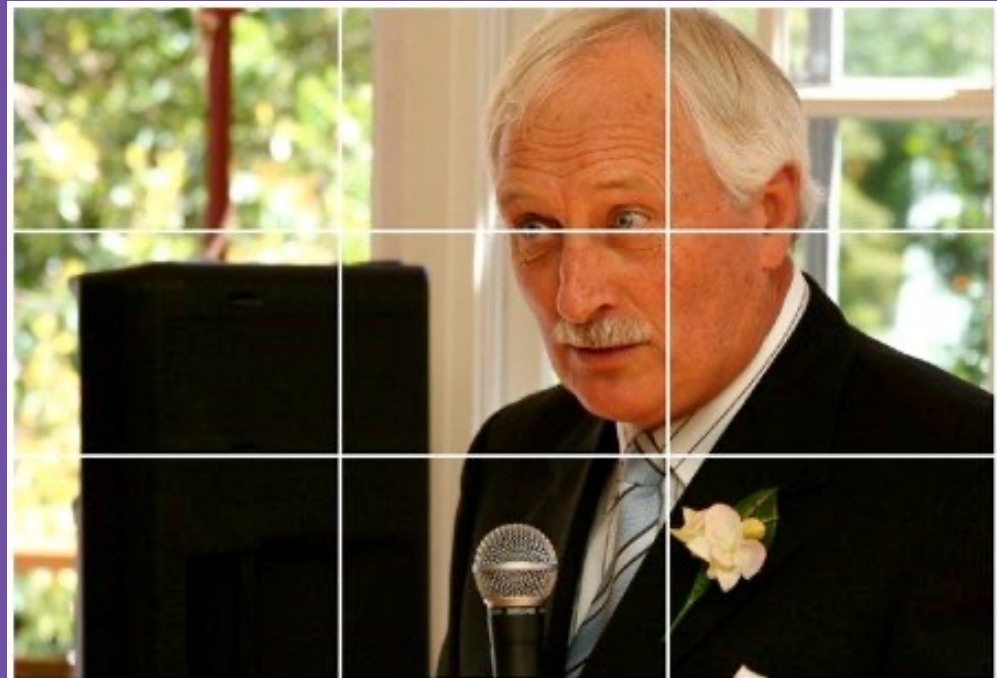


GOLDEN POINTS

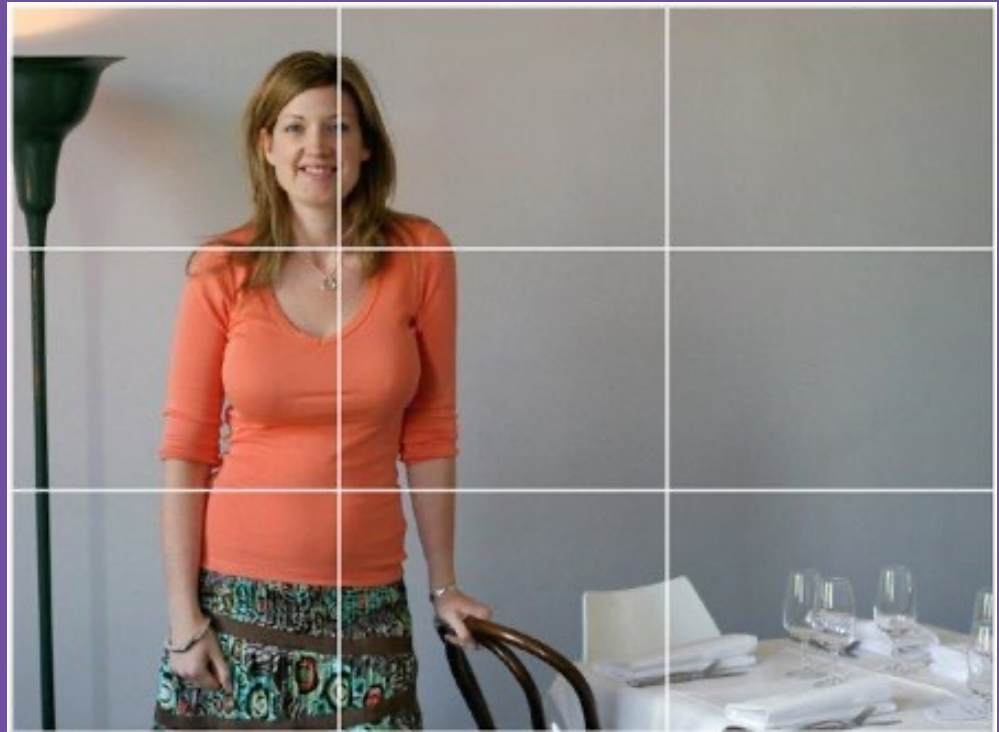
RULE OF THIRD



**RULE OF
THIRD**



RULE OF THIRD



RULE OF THIRD



ACTIVITY 01 (30 mins)

- What is the definition of “Rule of Third”?
- Switch on “Grid Lines” on your phone camera.
- Take a picture and a 10-second video using the “Rule of Third”



**BASIC CAMERA
SHOT TYPES**

BASIC CAMERA SHOTS



**EXTREME WIDE
SHOT**



WIDE SHOT



**LONG SHOT
SAMPLE**



MEDIUM LONG SHOT



MEDIUM SHOT



**MEDIUM
CLOSE-UP**



CLOSE-UP



**EXTREME
CLOSE-UP**



**OVER THE
SHOULDER SHOT**

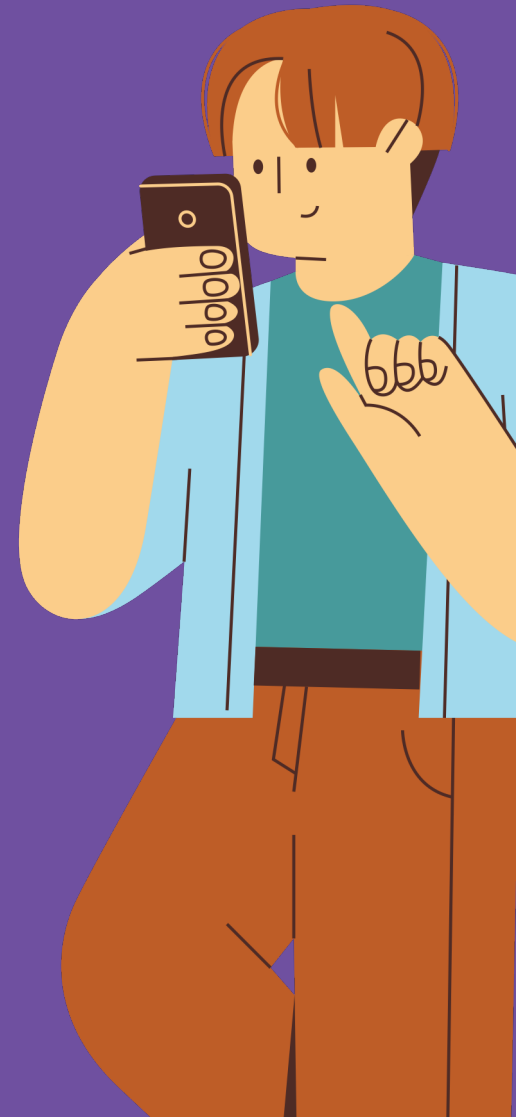


**POINT OF VIEW
SHOT**



ACTIVITY (60 mins)

- Go out of the training hall and shoot at least one image for each shot type.
- Identify the shot types captured by other participants.



STEP 5.4



BASIC SEQUENCE



Character



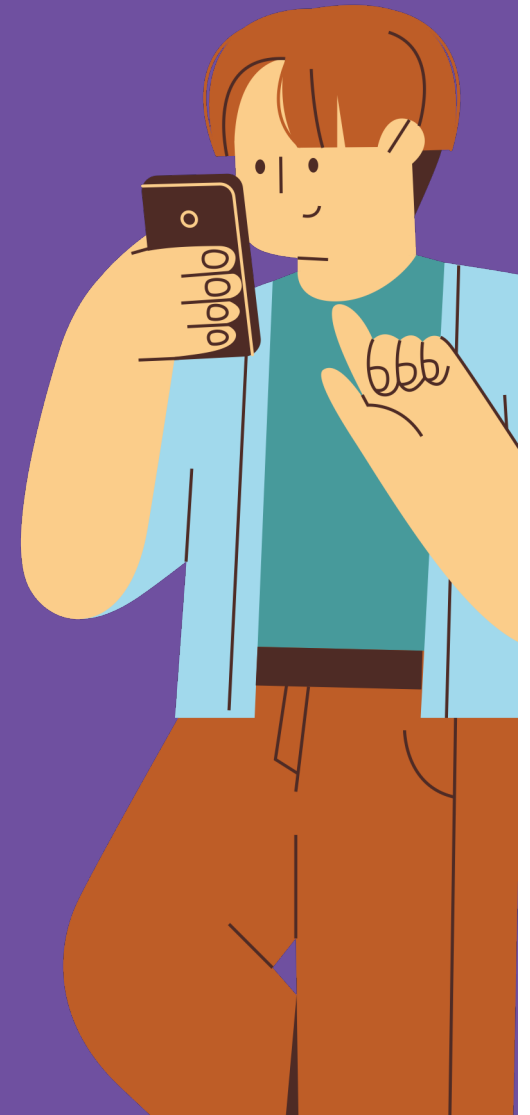
Location



Action

ACTIVITY 01 (45 mins)

- What does “Sequence” mean to you?
- Shooting sequence:
 - Who is being captured?
 - What is being done?
- Shoot a sequence inside the training location (E.g., someone entering the training location, someone reading a book, etc.)
- Identify the positives and areas for improvement in the captured sequences



STEP 5.5



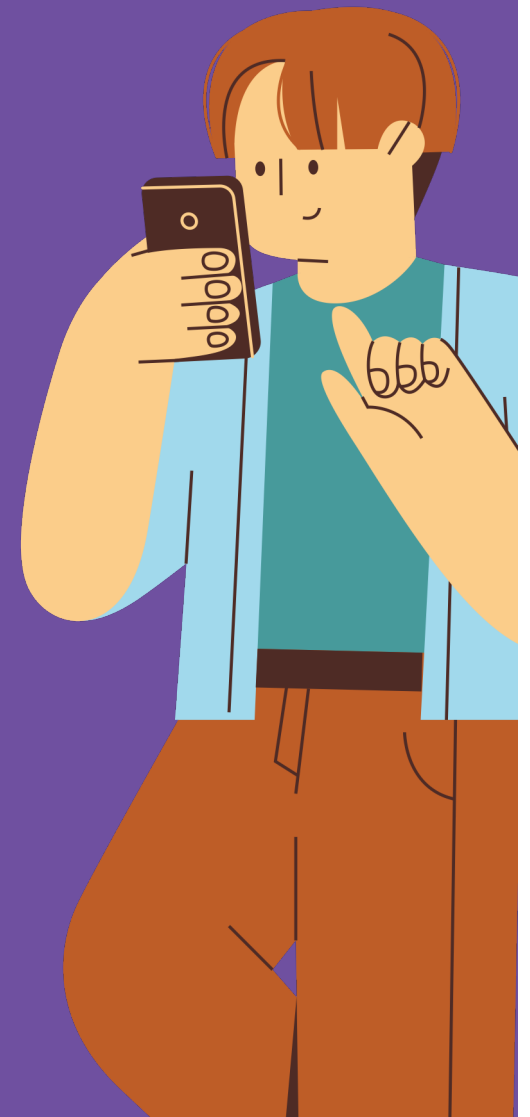
SETTING UP THE INTERVIEW

- Eye level/Eye Line
- Medium close-up shot
- Rule of Thirds
- Lead Room + Head Room
- Off camera
- Background
- Audio
- Ready with Questions
- Flight mode



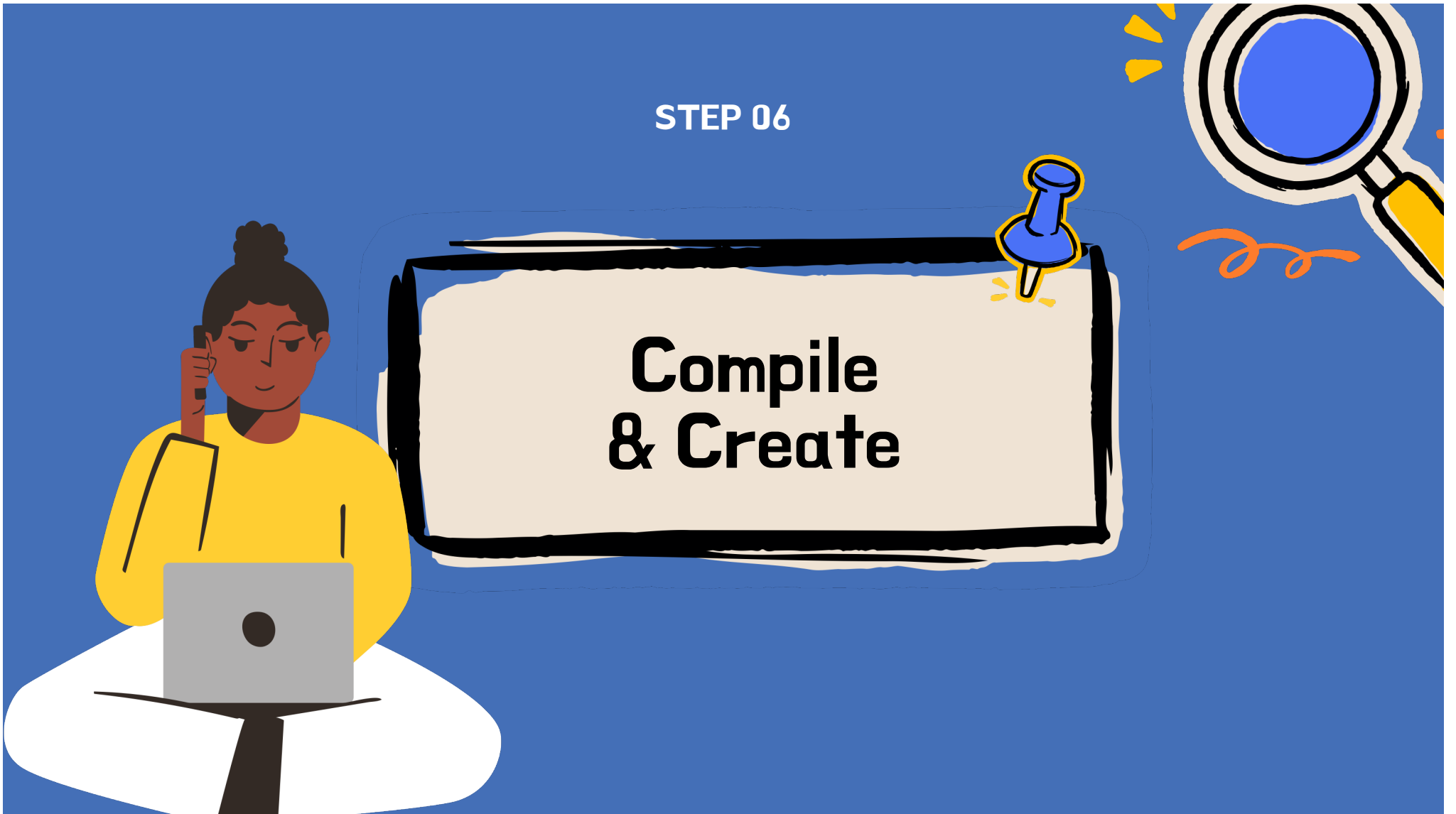
ACTIVITY 01 (60 mins)

- Set up the mobile phone using a tripod. One volunteer to sit in a chair (as the interviewee) and another volunteer to stand closer to the camera and the tripod.
- Compose the frame for the interview. How can we further improve this frame?
What are the required changes to the frame?
- Shoot a two-minute interview.



STEP 06

**Compile
& Create**





INTRODUCTION

This is the stage where the storyteller combines the visual and audio parts to create a final product, which is the editing phase.

Storytellers do not have to use professional tools for editing, and it is not limited to any particular technology. A smartphone may be sufficient to meet the needs. Many free software or apps might match the skills of the storyteller, the resources available, the purpose of the project and the needs of the target audience.



ACTIVITY (60 mins)

Time to compile and edit the content! The trainer will show you how to do the following tasks:

- Downloading the recommended editing app (s)
- Explaining the functionality and interface of the app
 - How to import raw footage to the timeline of the app for video creation
 - How to 'trim' a video
 - How to add 'texts' to a video as layers and how to format them
 - How to add 'audio files' and how to trim the audio files
 - How to add 'transitions' to a video
 - How to download the compiled video as an MP4 file



STEP 07

**Publish &
Share**





INTRODUCTION

Once the storyteller has edited and compiled the content, it is important to deliberate upon the diverse possibilities for its dissemination. It is crucial to consider how each digital platform, be it websites, blogs, social media can uniquely contribute to the narrative, rather than opting for a single platform. Various digital platforms should be considered.



#HASHTAGS

The incorporation of a relevant hashtags (#) to mark keywords or topics and categorize posts is advisable, encouraging participants to utilize it when disseminating their narratives on their respective social media outlets. The storyteller can use several existing hashtags or create one of their own. For example; #communityawareness #mentalhealth #climatechange.

Participants can identify the software applications that can be effectively employed to monitor hashtags. This approach yields the distinct advantage of extending the reach of each storytelling participant across their entire social network, fostering the opportunity to connect with a broader audience. This is because of reasons such as:

- Categorizing Content: Hashtags help categorize your content, making it discoverable to users who are interested in specific topics or trends.
- Expanding Audience: When you use relevant and popular hashtags, your posts can be seen by people who follow or search those hashtags, extending beyond your immediate followers.
- Tracking Trends: Using trending hashtags can increase visibility as users explore trending topics, making your content part of the current popular discussions.



ACTIVITY 01 (30 mins)

- Share your stories using the “share” option in the editing apps to the social media platforms you are familiar with
- Write a suitable caption for your story which can attract the audience
- Engage with the audience and create a dialogue on the topic you have chosen

**TIME TO SHARE THE
CONTENT YOU DEVELOPED**



STEP 08

Review & Reflect





INTRODUCTION

There are steps the storyteller could take to see if their digital story resulted in what they hoped for, or rather to measure how well the storyteller met the goals and objectives.

Although there is no single method to measure the impact, a digital storyteller can use a variety of strategies to review, reflect on, and measure the success of their content.



METRICS TO MEASURE IMPACT....

Social media analytics

Track key metrics such as reach, impressions, engagement (likes, comments, shares), and follower growth to understand how your story is performing.

Audience feedback

Look at the quality of comments and interactions. Are people asking questions or sharing their personal stories in response to your content?

Call-to-action (CTA) effectiveness

If your digital story included a CTA (e.g., sharing the post, signing a petition, attending an event, signing up for a newsletter, donating to a cause), measure the number of actions taken.

Audience demographics

Analyze who is engaging with your content. Are you reaching your target audience in terms of age, location, or interests?



REFLECT ON EMOTIONAL IMPACT....

Story resonance

Reflect on whether the story created the emotional impact you intended. Did the audience connect with the characters or message in the way you hoped?

Audience empathy

Look for signs that your story created empathy or inspired action. This can be seen through personal comments, shared experiences, or people taking specific steps based on your message.

GATHER DIRECT FEEDBACK....

Surveys and polls

After sharing your story, use surveys or polls to ask your audience for feedback. This can help you understand what worked and what didn't.

Focus groups

If feasible, organize a small focus group to review your digital story and to receive in-depth feedback on its impact, tone, and message clarity.



TRACK LONG TERM IMPACT....

Sustained engagement

Assess whether your story has a lasting impact by tracking continued engagement over time. Do people return to your content? Is it still being shared?

Story amplification

Pay attention to how your digital story spreads across platforms. Are others retelling or adapting your story in their own words?

....ADJUST FOR FUTURE CONTENT...



ACTIVITY 1 (45 mins)

- Review the script of Kasun and Meena
- Divide yourself into 04 groups and go through the hypothetical data from its digital campaign:
 - Group A: Analyze social media analytics (e.g., reach, impressions, engagement).
 - Group B: Review audience feedback for signs of empathy and resonance.
 - Group C: Evaluate the effectiveness of the CTA (e.g., clicks or actions taken).
 - Group D: Discuss sustained engagement and story amplification possibilities
- Identify strengths and weaknesses in the story and suggest improvements

Name of digital story
Silent struggles, shared strength.

Characters	Location	Property (includes objects, materials, equipment and other properties necessary for the scene.)
Kasun	School Classroom	
Meena	School playground	Pencil, school bell, school bags, bench, notice board, poster about mental health
Classmates		

In a classroom filled with chatter, 14-year-old Kasun stares blankly at his notebook. Kasun looks lost and distracted, while the noise of conversations fills the room.

Meena, sitting next to Kasun, taps her pencil quietly. Kasun sighs and lowers his head. Kasun feels overwhelmed by schoolwork and sports but hasn't told anyone. Meena, pressured by her parents, lies awake at night, unable to sleep. The school bell rings, and students grab their bags. Kasun and Meena exchange glances but remain silent. Both friends carry their silent struggles as they head to their next class.

Kasun and Meena sit on a bench at the school playground during lunch break. Meena turns to Kasun and says "You have been really quiet today, Kasun. Is everything okay?" Kasun: (hesitates) and says "I feel... tired all the time. It's like I can't catch up with anything." Meena looks surprised and then nods in understanding and say: "I feel the same way. I've been so stressed, but I didn't know how to say it either".

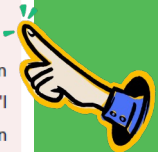
They notice a brightly colored poster on the school notice board about mental health support services. For the first time, Kasun and Meena realize they are not alone in their struggles.

Dialogues

Meena: "You have been really quiet today, Kasun. Is everything okay?"

Kasun: (hesitates) "I feel... tired all the time. It's like I can't catch up with anything."

Meena: "I feel the same way. I've been so stressed, but I didn't know how to say it either."



Time to
Review

The storyteller must obtain explicit consent from individuals and communities to capture and disseminate their photographs/video/audio recordings etc.

Written informed consent to use photos, videos, audio.

By signing this form, I give my permission to be photographed/recorded for the digital stories produced by the _____ [Name of the Digital Storyteller]

These photos and/or videos are taken on [date] _____ in
[town/country] _____
by [name of person] _____

I understand and agree that the digital storyteller may use these photos and/or recordings of me to:

[Objectives of using the photos/and or recordings]

I understand and agree that the digital storyteller may:

- Publish the photos and/or videos of me in reports, websites, social media channels etc.
- Use these photos and/or videos of me to promote the digital story in printed material, billboards, websites, and on social media channels, etc.
- Give permission to publish these photos and/or videos of me in magazines, newspapers, online news sources, social media channels belonging to media organisations.
- Use these photos and/or videos of me forever, locally and internationally, and also in my own community.

I understand and agree that:

- I won't be able to approve the finished photos and/or videos of me.
- I won't be paid now or in the future for the use of these photos and/or videos of me.
- It is better to ask questions or tell the digital storyteller about any worries now.
- The digital storyteller that took or arranged these photos and/or videos of me will keep this form with my full name for as long as the digital storyteller keeps the photos and/or videos of me.
- I can ask for a copy of this form and the photo/video by writing to the Digital Storyteller

- I have the right to withdraw this permission, partially or totally, at any moment in time, including requesting the removal of the photos and videos showing me.
- If requested in writing, the digital storyteller will remove all copies of the photos and/or videos showing me that the storyteller has control over.

I can contact the digital storyteller by email/phone at

or by post at

☐ I will tick this box, if I am happy to store my full name with the photos and/or videos of me in the digital storyteller's photo and video archive.

☐ I will tick this box, if I want to store only my first name with the photos and/or videos of me in the digital storyteller's photo and video archive. I understand that this will make it difficult or impossible to find the original photos / videos to remove them from further use should I change my mind in the future.

I grant permission for the use and agreement to use the photo/ video

Name _____ Age _____

Signature

Date

To be signed by if the person in the photo/video is under 18 years of age:

Name _____

Relationship to child _____

Signature

Date

Checklist for verbal and written informed consent

As the digital storyteller, ensure that the following has been communicated and understood by the person consenting to be in the multimedia coverage.

On process

- Has a note been made of how the participant was found, as well as a record of their verbal or written consent?
- Did you discuss and agree on the best way feasible for the participant to retract their consent if the need arises?
- Did you let them know how to contact you as the digital storyteller should they have any concerns?

If a child is consenting to be in the multimedia coverage, did you make it clear that the child has the
- right to say no even if the adult/parent/guardian is inclined to say yes?
- Did you ensure that they felt safe, and that they could request a copy of the consent form?
- Did you check with relevant others if the participant could be at risk of negative backlash if their image and/or story was published (e.g. potential sensitive issues made public)?

On Participant

- Does the participant feel safe and secure in telling their story?
- Did you show the participant the photos and videos that you took of them to see if they were comfortable with them being used?

On production

- Did you feel that the participant had any discomfort throughout the process? If so, consider if the participant felt obligated or pressured to participate, and review distribution decisions.
- Did you walk the participant through what parts of their story you will tell and how?
- Did the participant mention any parts of their story that they explicitly don't want to share? If so, omit those parts from your storytelling and narrative.

On Distribution/Use

- Did you show examples of how their photos and videos may be used e.g. via pictures, mobile phone to show landing pages, social media posts?
- Did you express how their photos and videos can be potentially seen by thousands to millions of people once it goes digital - including their neighbours, community, fellow nationals and that these images may be used by national/global media as well as other partners?
- Did you express the objectives of developing this digital story- and how this does not have direct impact in their personal financial situation?
- Have you photographed or filmed original media created by the participant such as drawings, photographs, audio recordings, videos, writings (including their translation into any language) or other media? If so, please secure a signed copyright release form seen on the next page.

Copyright approval is the permission given by the creator of a work (like a photo, video, or text) to use their work in your project. This ensures that the original creator's rights are respected, and you have legal permission to use their content.

ORIGINAL MEDIA COPYRIGHT RELEASE FORM

Explanation: As a Digital Storyteller, I [Name: _____] promotes the voices, opinions, and experiences of the communities to create a positive impact. So, this expression is not misrepresented and so the rights of subjects in these works are also respected. This includes supporting individual's rights to own their media creations and to understand how to share the copyright to their reproduction responsibly.

To publicize these works in the interests of promoting the voices, opinions and experiences of the communities to create positive impact, I require permission to reproduce this work in varied media throughout the world.

Individual Release:

This form hereby grants the above-mentioned Digital Storyteller the non-exclusive** copyright to reproduce, display and disseminate worldwide and forever, in any traditional or electronic media format or platform, the original work or works described here and created by me, whether drawings, photographs, audio recordings, videos, writings (including their translation into any language) or other media. I affirm my permission to grant these rights to the above-mentioned Digital Storyteller with my signature here:

Name of creator _____

Name of copyright holder _____

Age(if under the age of 18 years) _____

Signature

Date

Description of Work or Work Project & Media _____

Year Created _____

City, Country _____

If creator/copyright holder is a child – under age 18 years – this release must also be signed by the child's legal guardian:

I affirm that I am the legal guardian of the child named above and therefore also grant permission for this copyright use:

Name of Legal Guardian _____

Relationship to Child _____

Signature of Guardian

Date

Name of Witness _____

Organization Affiliation _____

Witness Signature

Date

*[** A grant of 'non-exclusive' rights means that the copyright owner also keeps the rights to continue to reproduce her/his own work as she/he wishes.]*

THANK YOU

