GDS Youth Video Series “30 Days of Youth”:
Video Production Manual & Consent Form

INTRODUCTION: This manual offers advice and tips when creating your video content for the GDS Youth social media platforms. This manual is a guide to be used as a tool to help you and guide content quality but does not need to be followed step-by-step in case certain parts are too demanding.

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GOALS & THEME “30 DAYS OF YOUTH”

As part of a larger social media campaign we would like to produce a video series called “30 Days of Youth”, that will launch on January 14, 2022, one month before the GDS Youth happens.

The **three primary goals** of this “30 Days of Youth” video series is to:

1. **amplify** your voices, opinions, ideas and experiences as youth and adolescent advocates with disabilities,
2. **promote** registration for virtual 2022 GDS Youth Summit,
3. **foster** the start of conversations on social media on the impact of stigma and discrimination, the barriers it perpetuates and the opportunities.

**NOTE:** This is meant to be a fun and engaging short video series, where all individuals are welcomed to participate in their preferred way. In other words: **please do not feel that you are expected to submit professional quality videos.** Just send us what you are able to create. If needed, we can also assist you in the process (see more on this below).

The **theme** for the “30 Days of Youth” video series is **Combatting Stigma and Discrimination for Youth with Disabilities.** The content will be posted in GDS Youth’s social media accounts. Select content will be amplified through UNICEF social media channels, as well as on selected co-host and partner channels.

Please **choose 1 (one) question from Part 1 and another question from Part II to answer in one video.**

Videos should **not be longer than 2 minutes.**

**Part I - Stigma & Discrimination Against Youth and Adolescents with Disabilities**

1.1 What types of stigma and discrimination do youth with disabilities in your community experience? Feel free to share a personal example, if you like.

1.2 What impact does stigma and discrimination have on you and other youth in your community? How does it make you feel?

1.3 What barriers are maintained when youth are facing stigma and discrimination?
1.4 How do you think that stigma and discrimination can be combatted in your community?

1.5 What are you doing to combat stigma and discrimination?

1.6 If stigma and discrimination towards youth with disabilities was combatted, how would it change your life?

**Part II - Envisioning an Inclusive Future for Youth and Adolescents with Disabilities**

2.1 If you did not have any barriers in your life, what would be the first thing you would do?

2.2 What is the biggest misconception in the world about people with disabilities?

2.3 What personal achievement are you most proud of?

2.4 Do you have any experiences to share, where having a disability has been an advantage?

2.5 What does an inclusive world look like for youths with disabilities?

2.6 If you could share one message with the world from youth with disabilities, what would it be?

**CONSENT FORMS**

You will find a Consent Form attached to the email in which you received this Practical Manual. Without your consent form we cannot use your videos. Please make sure to fill out and return this consent form to the following email: aesmail@ida-secretariat.org and tuva.rosenvold@mhu.no

For anyone under the age of 18, please note that there is a consent form that needs to be signed by your parents.
GUIDELINES FOR FILMING 2-minute VIDEOS

If you need any assistance, please contact us through whatsapp/email and we will happily support you.

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Please consider the following checklist for any video submission. If you cannot meet all of these, don’t worry, we will work with you:

1. Video quality and surroundings
   When filming a video, please try to make sure that
   - the microphone works
   - there is as little background noise as possible
   - the lighting conditions are good
   - the camera is kept steady

2. Angle and framing
   Ensure that the angle of the camera is horizontal (“lying”), not vertical (“standing”) See example here:

   Make sure that the camera is positioned at least an arm length distance (or more) from the person being filmed or photographed. Leave some physical/visual space around the person filmed/photographed (some “air” between the person and the frame), in case we need to fit the video/photo to a certain format (see example below)
3. Content

- When you press start or the camera starts rolling, please wait 3 seconds before you begin speaking. Also please give 3 seconds of silence after you finish speaking before turning off the camera.

- Feel free to answer the question(s) in your preferred way and emphasize what you find most important.

- We wish to spread positivity and optimism, and seek to focus on empowerment, solutions, opportunities, confidence, etc.

- As this is a summit for youth, a youth perspective is imperative (ages 15-35 years).

- The video should be between 1-2 minutes, maximum.
  - We advise you to think through what you want to say before the recording starts. This is in order to make sure that your answer is formulated nicely and that the short time is spent well.

4. Language and texting

- For videos: Feel free to speak in your preferred language.

- If possible, please include a written text/transcript in English of what is said in the video, so we can add English subtitles.

- If you cannot translate the transcript of what you said in your video into English, please provide a transcript in your language.

5. Video length

- Videos should only be up to 2 minutes long, maximum.

6. Examples/sample videos

In these videos you will find several segments where young people are filming themselves answering questions. This serves as a good example on how you can do it. Your own creative way is also encouraged and welcome.
SAMPLE VIDEO #1: “1.5 is Non-negotiable”
Youtube link: https://www.youtube.com/watch?v=3HowCAj1nVI

SAMPLE VIDEO #2: “Sustainability and I”
Youtube link: https://www.youtube.com/watch?v=ikgwKfUNqUk&t=50s

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HOW TO SUBMIT VIDEOS by January 12, 2022

4 IMPORTANT STEPS BEFORE SUBMITTING YOUR VIDEOS

1. Please see that you have followed the checklist above, as much as possible.
2. Please double check that you are about to upload the correct version.
3. Please remember to submit your consent form. Without your consent form we cannot use your video. Send to aesmail@ida-secretariat.org and tuva.rosenvold@mhu.no.
4. When you save your video, please include your name in the file name.

Step-by-step guide for WeTransfer - it’s free!

If using a computer, go to the webpage wetransfer.com.

If using a phone, download the app called WeTransfer.
Then follow this guide to send your **2-minute video by January 12, 2022**: 

1. Add your video/Consent Form to a folder on your computer or phone, whatever device you are using to send the video file.
2. Go to wetransfer.com or open the app.
3. Accept cookies and terms and conditions (you do not have to make an account).
4. Press “choose a folder” to add your content.
5. Add recipient email tuva.rosenvold@mhu.no
6. Add the sender email address (your email), a title and a short message.
7. Press “Transfer”. You will be asked to confirm the sender email. Go into your email and add the confirmation code that you will have received.

**DO YOU NEED ASSISTANCE OR HAVE ANY QUESTIONS?**

If you need any assistance, please contact us through whatsapp/email and we will happily support you. We can provide assistance with recording the video, submitting it or just to answer questions.

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**FOLLOW US. JOIN US.**

@GDSYouth

@GlobalDisabilitySummitYouth
CONSENT FORM

PHOTOGRAPHY/VIDEO SUBJECT RELEASE FORM
(This is not a release for commercial use.)

By signing this release form, I hereby grant to the GDS Youth the right to reproduce, display and disseminate worldwide and in perpetuity, in any traditional or electronic media format, the content submitted to GDS Youth which includes photographs or videos where I am portrayed.

The photographs/videos containing my likeness were taken on (date) ______________ in the (location including city/country) _________________________________

I further confirm that these images/videos are a true likeness of me and the images/videos were taken with my knowledge and consent.

___________________________________________________________________________________________

Name of Subject Age (if under 18 years) Date Signature

_____________________________________________________________________

Email or other contact information

IF SUBJECT IS A CHILD UNDER 18 YEARS OF AGE:
I confirm that I am the legal guardian of the child named above and therefore may grant permission for this subject release on behalf of the child:

________________________________________________________________________

Name of Legal Guardian / Relationship to Child / Date / Signature of Guardian

Thank you for filling out this form.