

Toolkit to run a vlogging workshop *for young people*



www.kentresiliencehub.org.uk

**Kent
Resilience
Hub**



About HeadStart Kent

HeadStart Kent is part of Kent County Council's Early Help and Preventative Services and aims to help young people cope better when faced with difficult circumstances in their lives, preventing them from experiencing common mental health problems. The programme, funded by National Lottery Community Fund, provides resources to develop approaches that support young people to develop their own resilience to cope with the everyday pressures they may face throughout their lives. HeadStart Kent aims to make changes through schools, families and within communities and has been designed with young people at its heart.

HeadStart Kent's mission is:

"by 2020 Kent young people and their families will have improved resilience by

developing their knowledge and lifelong skills to maximise their own and their peers' emotional health and wellbeing; to navigate their way to support when needed in ways which work for them." Young people have been clear on what they need to support their mental wellbeing, and HeadStart aims to focus on building a sustainable system where every young person in Kent will be able to say with confidence:

"This project came about because we are trying to increase young peoples' resilience and part of that journey is having interests that are nurtured."

Sarah Thornby,
HeadStart Kent

- People around me understand wellbeing and how to promote it.
- My overall wellbeing is not impacted by the pressure to achieve and to be perfect.
- There is always someone for me to talk to.



What is a vlogging workshop?

'Vlogging' is blogging through the medium of video. Vloggers record videos usually discussing a particular theme or interest and upload the to the internet, often on YouTube. As vlogging has become more popular, young people are seeing vlogging as a safe outlet to express themselves, engage with others and learn more about the world around them. Increasingly, young people look up to other vloggers for advice, guidance and inspiration.

Through co-production, the young people involved in HeadStart said they wanted to learn more about vlogging

and the skills required to plan and film their own vlogs. As such, in collaboration with Student Health Guide, we hosted a vlogging workshop for young people and used their feedback to create this toolkit. Using this toolkit will allow you to easily replicate the workshop in your own setting.



Check out our film at www.kentresiliencehub.org.uk

5 benefits of hosting a vlogging workshop

The young people involved in the co-production of this programme were right to identify the value in learning how to vlog. Over the next few pages, you

will see how easy it is to host your own vlogging workshop using the toolkit, to develop the skills and interests of young people by teaching them about:

1 Communication

A successful vlog is surprisingly difficult to create. Giving young people this opportunity means giving them a voice and a platform in which to express themselves, possibly for the very first time, and to improve their confidence each time they try.

2 Online safety

How we conduct ourselves online, what we chose to upload and post and the things we say and do are becoming increasingly important. A key part of this workshop is to discuss with young people what safe conduct looks like and why it is so important.

3 Community and freedom of expression

Expressing yourself through the medium of video is only one component of successful vlogging – the other is building a community of likeminded people. Whether young people vlog about health, gaming, fashion or baking, connecting with others who share their passions and interests combats loneliness and gives young people a platform to contribute positively.

4 Technical skills

The workshop covers cameras, editing techniques, lighting, sound and everything in between. This has proved to be a valuable workshop for those young people interested in photography and film, and in piquing interest in others who previously had had little exposure to these creative industries.

5 Collaboration and teamwork

Sometimes, young people like to present their vlog in pairs or groups which offers them a great opportunity to develop their teamwork and communication skills.

The transferable skills learnt throughout the workshop will benefit the young person long after the camera stops rolling. Whether its communication skills for

future job interviews or simply exposing them to something new, the workshop offers valuable, real-life experience to those who participate.

Following the workshop, our participants said that vlogging helped them by:

[talking about] things I don't feel like I can say to people but I wish I could

[finding] a common interest which led us to come up with an idea and make it stronger

expanding my ideas – the quality and content

I made a new friend

How to host a vlogging workshop in your own setting

We have put together all of the tools you need to facilitate a workshop in your setting. On the Hub, you will find a Powerpoint presentation which features embedded films from a popular vlogger called Harry Seaton. We know that most facilitators will not be YouTube superstars, so Harry will act as the presenter throughout the workshop.



Timings

We hosted the workshop as a whole day, following the timescales below:

10 am	Participants arrive
10.30 am	Icebreaker
10.30 – 11.00 am	Session 1 (Introduction to vlogging/online safety)
11.00 – 11.10 am	Break
11.10 – 12.15 pm	Session 2 (Vlog planning)
12.15 – 1.00 pm	Lunch
1.00 – 2.15 pm	Session 3 (Vlog filming)
2.15 – 2.30 pm	Break
2.30 – 3.45 pm	Session 4 (Vlog editing)
3.45 – 4 pm	Wrap up (Sharing vlogs, ideas and feedback)
4pm	End

It's also possible to host this workshop either over 2 half days (2 sessions per day), or as 4 sessions. Whatever you decide, the Powerpoint presentation can be easily adapted.





Visit www.kentresiliencehub.org.uk tools and resources area to download the Powerpoint presentation, including Harry's films. This file contains everything you will need to present to your participants.

Resources

In the Powerpoint presentation provided, there is an introductory film from Harry at the start of each session to introduce the topic. This will be either followed by some discussion slides, another film from Harry or both, and participants should have the opportunity to discuss their thoughts and reactions throughout. At the end of each sessions 2, 3, and 4, participants should be encouraged to spend some time planning, filming or editing to practice the skills they have learnt through the presentation. These films are also hosted on our Moodspark YouTube channel as a playlist for young people to revisit and use in their own homes.



Group sizes

Our recommendation is a maximum of 10 participants.

Equipment needed

- **Mobile phone**

Each participant should bring with them a mobile phone with a camera. A camera or video camera is not ideal unless the participant has the ability to download the file onto a laptop, computer or tablet to edit. If the young person doesn't have a phone to use, encourage collaboration with someone who does.

- **Pens and paper to make notes**

- **Tripods**

Small table-standing tripods that hold a smartphone are relatively inexpensive on Amazon – in fact, some of your young people may

already have them. If they don't and you can't afford to purchase any, encourage your young people to be creative by creating their own 'tripod' by using books, boxes or a window ledge.

- **Projector to present the presentation**

Space needed

- **Central room**

You will need a central room in which you can present the presentation to your participants, ideally with the young people sitting at desk. They will do their planning and editing from this room.

- **Breakout spaces**

When filming, the young people will want some peace and quiet without fear of being overheard so quiet breakout rooms with good natural light are necessary.

You don't necessarily need one per participant, but enough to avoid them feeling rushed.

Visit www.kentresiliencehub.org.uk tools and resources area to watch our vlogging workshop film. It will give you a flavour of how we ran the pilot and will give you some insight in the the feedback from participants.



Getting feedback

Following workshops we would like to encourage young people who want to, to submit their content via www.moodspark.org.uk submit content button. Moodspark will then upload checked content onto the website and their YouTube channel. We are hoping to encourage young people to share their talents and interests through creating vlogs, or to tell their story or share tips on how they have looked after their own emotional health or bounced back from difficult times. This is an opportunity to use vlogging to inspire or support other young people in Kent and ensure that Moodspark is growing using resources created by young people, for young people.



Get involved

If your young people would like to submit their vlogs please click on the Get Involved button on www.moodspark.org.uk and complete the submit content form. All content will be safety and quality checked before publishing.

www.kentresiliencehub.org.uk

For young people: www.moodspark.org.uk

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