

VIDEO TO RAISE AWARENESS

Grade level : Cycle 3 and Secondary 1

This activity is designed to engage youth in creating a video similar to the ones they enjoy watching, while at the same time conveying a message of awareness.

Goal

Allow for youth to educate their peers on issues that affect them.

Material

- A scenario (see second page for suggestions)
- A camera, tablet or phone for filming
- A location where they can film their video

Procedure

Divide the group into small teams and have them choose a scenario. Allow the students time to write the script and practice the skit before beginning to film. One student will be in charge of filming; make sure this person knows how to adequately manipulate the device. In the video, they can talk, sing and dance ; allow the students to unleash their creativity and use the imagination. Once the short clip is completed, present the videos to the class.

Additional information: The scenarios are suggestions. Don't hesitate to invent other scenarios and include situations that are relevant to your students' daily activities. If you feel these videos could have a positive impact on other groups, feel free to share them with your colleagues!



Scenarios

1 Take precaution on Internet

Key messages:

- Never share personal information online (name, date of birth, address, phone number, school, etc.)
- The Internet is public and everything you post stays online.
- Select « private » for your account status and only accept people you know.
- Reminder of the minimal age for social media (13 years old) and that parental supervision is important.
- Always report any inappropriate interactions, photos, videos or comments.

2 Demystify gender stereotypes

Key messages:

- We are all equal (men/women/age/origin/language, etc.).
- Give examples of common gender stereotypes (favourite colour/ job/ personality traits, etc.)
- Reiterate the importance to focus on our talents and capabilities.

3 The importance of healthy relationships

Key messages:

- Recall the components of a healthy relationship: respect, communication and equality.
- Reiterate the importance of feeling good and fulfilled in a relationship.
- Reiterate the importance to respect our own boundaries and those of others.

4 Personal boundaries

Key messages:

- Recall the three types of personal boundaries (emotional, physical and virtual).
- Explore the personal boundaries with examples (bullying, hugs or online contact).
- Reiterate the importance to set our own boundaries and respect those of others.
- Provide different options to showing affection (words, hand shake, hug, high fives, fist pumps, etc.).