

# WE NEED YOUR HELP

Are you fed up with seeing teenagers out and about, not being careful, which results in young people being blamed for breaking coronavirus rules?



Have you been sticking to the guidance and keeping people safe?

We're creating a video to show the importance of following the rules. In this video, we want to share examples of how young people are making good choices, and show how Southampton's young people have been doing their bit to reduce the spread of the virus.

## WHAT'S IN IT FOR YOU?

**Everyone** who enters a video will have the chance to **win** one of three £20 Amazon vouchers.



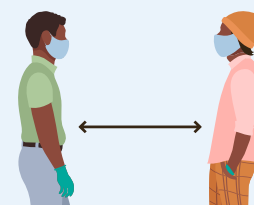
### The ask....

We're looking for short video clips that demonstrate how you've been thinking carefully about the choices you make and how you've been playing your part.



### Examples:

- Remembering to wash your hands as soon as you get into the house.
- Remembering to put your hand sanitiser in your pocket.
- Instead of going out to meet your friends and family, arranging a video call with them.
- Choosing to wear a mask in class, even if others aren't.
- Remembering to put your mask on when you come out of your class into the corridor
- Choosing to keep yourself entertained and occupied at home by taking up new hobbies, such as baking and cooking, arts and crafts, or playing video games – and encouraging your friends and family to do the same.
- Choosing to give people enough room when you're walking on the pavement.
- Choosing to go out for your daily exercise safely.
- Greeting friends, family and neighbours at a safe distance - air-elbow bumping or air-hugging your friends at school.



# INTERESTED?

To get involved, please record a **5-second clip** of yourself doing the activity using your smartphone or webcam. If you can, please:

## Do:

- Record the video in portrait /vertical format. (So make sure the video is taller than it is wide!)
- Think creatively! The examples we've provided are only a guide. There are many ways in which you'll have been following the rules.....
- Ask someone from your household bubble to film you, if it's difficult to film yourself doing the activity.

## Don't

- Don't record TV shows or video games directly - we might not have copyright/permission to show these.
- Don't intentionally record sound. For example, don't speak to the camera or narrate what you're doing. We'll be adding music to the finished video.
- Don't add text, filters or other graphics to your video - we'll do this later on.
- Don't record other people without their permission..

## Recorded it, now what?

1. The final video will be put on YouTube, TikTok and other websites, so we need your parent's permission. **Before you can submit your video**, ask a parent to complete the consent form here: <http://bit.ly/TeenagerVideoMessageParentalConsentForm>



2. Next, upload your video by scanning the QR code or following the dropbox link below:

<http://bit.ly/UploadMyCOVID19Video>

The closing date for submissions is

**Friday, 5th March**

Scan the code  
to upload your  
video clip

Together, we want to show our city (and the world) how **young people** in **Southampton** are doing their bit to keep their families and communities **safe**, and encourage other young people to think about their everyday choices and know how they can also **#BePartOfTheSolution**, in the fight against COVID-19.

## FURTHER INFO....

This project is funded by Southampton City Council, and co-ordinated by LifeLab – part of the University of Southampton. Production is handled by Southpoint Films.

The details of your submission will not be shared with any other parties, and the submitted clips will only be used as part of the final video. Individuals will not be singled out and submitted clips will only be incorporated into a final compilation video alongside other submissions.

The final video will incorporate messaging related to the latest Public Health England guidelines about COVID-19. This will reflect the guidelines at the time of publication.

If there are issues with your submission we may contact you and ask you to resubmit. We will do our best to feature everybody who makes a submission.