



# “We are...”



## Digital Story Guide

This guidance shows how to produce a short Digital Story about your child to share with family, friends, or other professionals of your choosing. A Digital Story is a short film that uses multi-media such as photos and video to show an aspect of someone’s life. You will help Digital Story your autistic child show what **they like doing at home, with members of their family or on their own** [approx. 3 - 5 minutes] and so will be based mainly on **child-led interests and exploration** rather than adult-directed prompts or staged activities.

### How: 4 key steps

#### Step 1: Mapping: (please see Mapping guidance for more detail)

Create a mind map: thinking about what you and your autistic child likes doing, places you like to go and what interests your child. It is helpful to imagine that after watching the Digital Story the viewer would feel able to buy a birthday present for your child.

##### 1. Spaces

**At home where does your child like to be or spend time?**

##### 2. People and interactions

**How does your child like to spend their time at home and how do they like to interact with family members?**

##### 3. Independence and agency

**What does your child choose to do for themselves?**

##### 4. Objects and interests

**What is your child really interested in and like doing?**

##### 5. Communication and expression

**In what ways does your child express themselves?**

##### 6. Support

## What behaviours show where your child needs support?

### 7. Skills and capabilities

#### What is your child good at?

Please see the [Mapping Guidance for more detailed advice and tips](#)

## Step 2: Filming

### Before you film:

- You can take video footage using a wearcam, video camera, or your phone, iPad/tablet, we will lend you a wearcam and other equipment if needed. **If using your phone or iPad/tablet, please turn your device so that the screen is in landscape position when recording. In landscape the recorded film clip will fill the screen when edited into the Digital Story.**
- Use the mapping guide to plan what you want to film.
- If you are filming outside, try not to capture other people. If you would like to film other family members or friends, please contact Sam to find out how to go about including them in the project.

### During filming:

- Save your film clips / photos in a dedicated album or folder as you go. We will give you a USB Flash drive / memory stick, to store your film clips. It's best to try and keep clips short (30 secs – 2 mins), as this will make it easier to find the shots you want to include when editing. Store your USB Flash drive / memory stick in a safe place.
- We found wearcams really useful for seeing the world from a child's perspective. However, wearcam footage will be much longer, so we suggest making notes of the time of moments you like as soon as you download and view it.
- Trim longer film clips as they may be too large to upload to web-based video editing programmes.

## Step 3: Describing

- Use the mind map and the video footage to describe your experiences in short 'I' or 'We' statements.

Please see the [Mapping Guidance for more detailed advice and tips](#)

## Step 4: Editing

- Use your completed mapping guide to help you plan how you are going to edit your statements, photos, and film footage.
- Make sure you check the format of your video files to fit with the type of files your video editing programme needs, we can help you with this.

- More advice on editing can be found at <https://autismtransitions.org/how-to-make-your-own-2/step-by-step-guide/>

We recommend using Adobe Premiere Clip for creating the videos using Android/iOS mobile devices or tablets, and Adobe Spark if you would prefer to use a desktop. Both programs are free, though you will need to create an account using an email address and secure password to use them. You can also find very helpful YouTube tutorials on how to edit movies and other free apps.



**Adobe Premiere Clip** can be downloaded from iTunes or the Google Play store.

For guidance on how to use Adobe Premiere Clip, please see:

[helpx.adobe.com/uk/mobile-apps/how-to/premiere-clip-create-edit-video.html](https://helpx.adobe.com/uk/mobile-apps/how-to/premiere-clip-create-edit-video.html)



**Adobe Spark** is a web app which can be accessed through [spark.adobe.com/sp/](https://spark.adobe.com/sp/)

For guidance on how to use Adobe Spark, please see:

[spark.adobe.com/page/JJcZ3JQWIJPlc/](https://spark.adobe.com/page/JJcZ3JQWIJPlc/)

**When you are happy with your Digital Story, I will explain how you can send it securely online or you can hand it to me on the USB Flash drive / memory stick.**

**If you would like a printed-out version of this and/or the Mapping Guide please email \_\_\_\_\_**

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Please feel free to email me: \_\_\_\_\_ if you would like any advice or help at any stage and we can arrange a telephone/zoom call or a meeting depending on your preference and any Covid restrictions.

I hope you enjoy the experience & Good luck 😊