**A Young Person’s Journey: Video**

You may choose to capture a young person’s journey using more creative ways – including the use of videos, interviews, journals and photos etc. For some organisations and young people, this may be more appealing as it gives them the freedom to give their feedback in a way they feel most comfortable.

With all of these more ‘creative’ methods it will be important to give young people the freedom to share their experiences in their own words or pictures. However, by using ‘prompts’ and guides to aid this, it will help the information they share to be linked back to the key outcomes identified above – see below.

**Video or Voice Notes Guide**

Please tell us a little about yourself and your involvement with [insert] project by recording a short (less than 5 mins) video/ voice notes. You can use the questions below as a guide. There might be some questions below that aren’t relevant to you and/or there might be other things you would like to share in your video - it is your choice. We recommend you read through the questions below first and have a think about what you might like to say before you start recording – you may want to write a few note down to help you.

1. My name is …………
2. I am……. Years old
3. I am from*…….. (town or city)*
4. If I were to describe myself in 3 words I would say*………*
5. Yesterday I felt*…….(e.g. amazing, happy, ok, not great, down, lonely, bored, annoyed, angry)*
6. I have been attending*………. (project name)*
7. I have been attending this project for*………….. (x weeks/months)*
8. Before I came here I used to spend most of my free time*…………*
9. *With this project I have………….. (e.g. played sport, helped out, volunteered, met new people)…….*
10. Through this project I have*…..(been supported by a mentor / coach / youth worker)…with them we have……*
11. The thing I like best about coming here is*…………because…….*
12. When I volunteer/help out, I’ve done things like*………… (helped set out equipment, lead sessions, been a referee, welcomed new people, helped promote sessions on social media etc).*
13. Through this project I have attended some training sessions/qualifications such as*……*
14. The thing I’ve done which am most proud of since I’ve been involved here is………
15. Whilst being here at I feel I have learnt*……..*through*…… (e.g. new skills, now more confident etc)*
16. The hardest thing I’ve found with this project is*……….*
17. Since I started coming to these sessions, I think the main thing(s) that I have changed is*….….(e.g. how I feel about myself, the things I do, how I get on with other people now, my habits – e.g. I’m more active/I drink less/smoke less, my behaviour/ work at school is….)*
18. Other people have also noticed a change – for example, project staff here / my family have said I am now*……….*
19. The ONE word which best describes my time here is*………..*
20. ­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­ I am currently *……….(at college, working, unemployed etc)*
21. My dream for the future is to*……….*