

co-creating  
community



youth

**PERSONAL  
JOURNAL**



imagination

protest



Seen



&

Heard

**THIS BOOK BELONGS TO**

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## WELCOME TO THE SEEN & HEARD MENTORING PROGRAMME



Welcome to the Seen and Heard Mentoring Programme

Seen and Heard is a three-year EU funded project that focuses on supporting young people to develop a strong and powerful voice.

This mentoring programme is based on the human right of freedom of expression.

During our time together we are going to explore how to express our views on things that we like and don't like.


We are going to use research, storytelling, illustration, and film to express our thoughts and feelings in a creative and safe way. We will have our say on things that matter!

We encourage you to think, play, create, and share with the group.

We're excited to get to know you better. You are very warmly welcome here.

Giuliana, Charlie, Sandy, Andres

# HELLO!



# **WHAT IS THE UNIVERSAL DECLARATION OF HUMAN RIGHTS & WHY WAS IT CREATED?**

The Universal Declaration of Human Rights (UDHR) is like a big promise to everyone in the world. It says that no matter who you are or where you live, you have certain rights that no one can take away.

These rights help you to live freely, to be treated fairly, and to feel safe and respected. This promise was made by leaders from many different countries after World War 2 because they wanted to make sure that people could live in peace and happiness.

People from larger countries like the United States and China, and from smaller ones like Lebanon, worked on it first. Then, more people from places like Australia, Chile, France, Russia, and the United Kingdom joined to add their ideas. They all talked about it a lot, and in 1948, a big group called the United Nations said, "Yes, we agree!" and everyone decided to follow the list to make sure all people are treated with respect.

They wrote down 30 important rights, like the right to go to school, the right to have a home, and the right to be treated kindly. This list of rights is still used today to protect people and to make sure they are treated with dignity all over the world.

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## THE FUTURE OF THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

The Universal Declaration of Human Rights is like a promise to make sure everyone in the world is treated fairly and kindly. It reminds us that we should always stand up for what is right and make sure no one is being treated badly, no matter where they live. It's not enough just to say we'll do this; we must actually do things to make the world a better place. This means changing the way leaders make decisions so that everyone has the same chances, and no one is left out or forgotten.

We need to think of new and smart ways to lead and make rules that will keep our planet safe and beautiful for all the children who will live here after us. This includes making sure everyone has what they need to live a good life, like a safe place to live, doctors to help them when they're sick, and help from others if they can't work.

- 1 All human beings are born free and equal.**
- 2 Everyone is equal regardless of race, colour, sex, language, religion, politics, or where they were born.**
- 3 Everyone has the right to life (and to live in freedom and safety).**
- 4 Everyone has the right to be free from slavery.**
- 5 Everyone has the right to be free from torture.**
- 6 Everyone has the right to be recognised before the law.**
- 7 We are all are equal before the law.**
- 8 Everyone has the right to seek justice if their rights are violated.**
- 9 Everyone has the right to freedom from arbitrary arrest, detention or exile.**
- 10 Everyone has the right to a fair trial.**



## WHAT IS IT DESIGNED TO DO?

Imagine if everyone in your class agreed to treat each other kindly and share our things—that's kind of what the UDHR is, but for the whole world.

This big promise talks about 30 important things that everyone should have, like being able to say what you think, going to school, not being hurt by anyone, and having a safe place to live. It's like a list of things that help everyone feel happy and safe, such as being able to play, learn, and have a family that loves you. It's a way to make sure that all people can have a good life, just like you want to have fun and be happy every day.

- 11 **Everyone has the right to be presumed innocent until proven guilty.**
- 12 **Everyone has the right to privacy and freedom from attacks on their reputation.**
- 13 **Everyone has the right to freedom of movement and to be free to leave and return to their own country.**
- 14 **Everyone has the right to seek asylum from persecution.**
- 15 **Everyone has the right to a nationality.**
- 16 **Everyone has the right to marry and to have a family.**
- 17 **Everyone has the right to own property.**
- 18 **Everyone has the right to freedom of thought, conscience and religion.**
- 19 **Everyone has the right to freedom of opinion and expression.**
- 20 **Everyone has the right to freedom of peaceful assembly and association.**

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## HUMAN RIGHTS ARE UNIVERSAL, INDIVISIBLE & INTERDEPENDENT

All human rights are equally important, and all governments must treat human rights in a fair and equal manner, on the same footing and with the same emphasis. All states have a duty, regardless of their political, economic and cultural systems, to promote and protect all human rights for everyone without discrimination. So no matter what difference people have, there is one basic principle that underlies all the rights outlined in the UDHR: that every human being has the same inalienable rights.

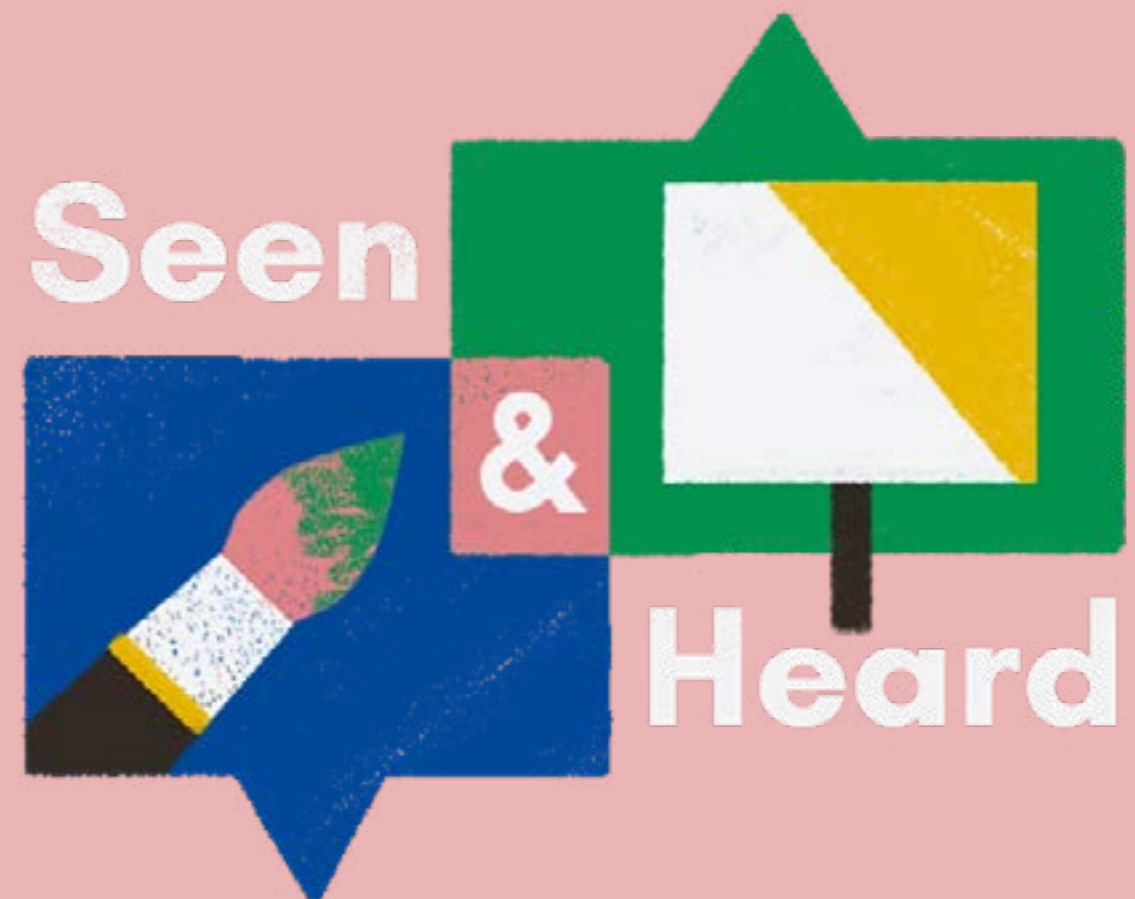
This means human rights are the same for every man, woman and child across the world, no matter what their circumstances. Universal means everyone, everywhere. The UDHR also shows us that human rights are interdependent and indivisible. All of the 30 articles in the Declaration are equally important. Nobody can decide that some are more important than others. Taking away one right has a negative impact on all the other rights.

- 21 Everyone has the right to take part in government and to have equal access to public service.**
- 22 Everyone has the right to social security.**
- 23 Everyone has the right to work, to equal pay, to protection against unemployment and the right to form and join trade unions.**
- 24 Everyone has the right to rest and leisure.**
- 25 Everyone has the right to a decent standard of living, including food, clothing, housing, medical care and social services.**
- 26 Everyone has the right to education.**
- 27 Everyone has the right to participate in and enjoy culture, art and science.**
- 28 Everyone has the right to a social and international order where the rights in this Declaration can be fully realized.**
- 29 We have a duty to other people and we should protect their rights and freedoms.**
- 30 Nobody can take away these rights and freedoms from.**



# ILLUSTRATING PROTEST WITH CHRIS RIDDELL

Chris Riddell is a very talented artist who creates wonderful books for children. He draws pictures that tell stories about being kind and accepting everyone, no matter how different they are. Chris has written some very popular books like the Ottoline series and Goth Girl, which many readers love. He's been given special awards because his work is so good, and he was even named the UK Children's Laureate, which is a big honour for someone who makes books, no matter what age!



**FILL THESE PAGES WITH YOUR OWN FAB CREATIONS**



**FILL THESE PAGES WITH YOUR OWN FAB CREATIONS**



**"IN OUR HANDS..."**

**WHAT SORT OF THINGS CAN HANDS DO?**

- **Hold hands** - in friendship, love, caring for each other
- Hold real things** - like a banner
- Hold symbolic things** - like kindness
- Do things** - like writing, painting, making, cooking, sport
- Touch** – like stroking a pet
- Gesture and sign** – to include others
- Welcome** – to make others feel part of the community
- Wave** – to say hello, or to catch someone's attention
- Identity, fingerprints** – to enter a country
- Lifelines, fate lines** – to think about life

**Seen**

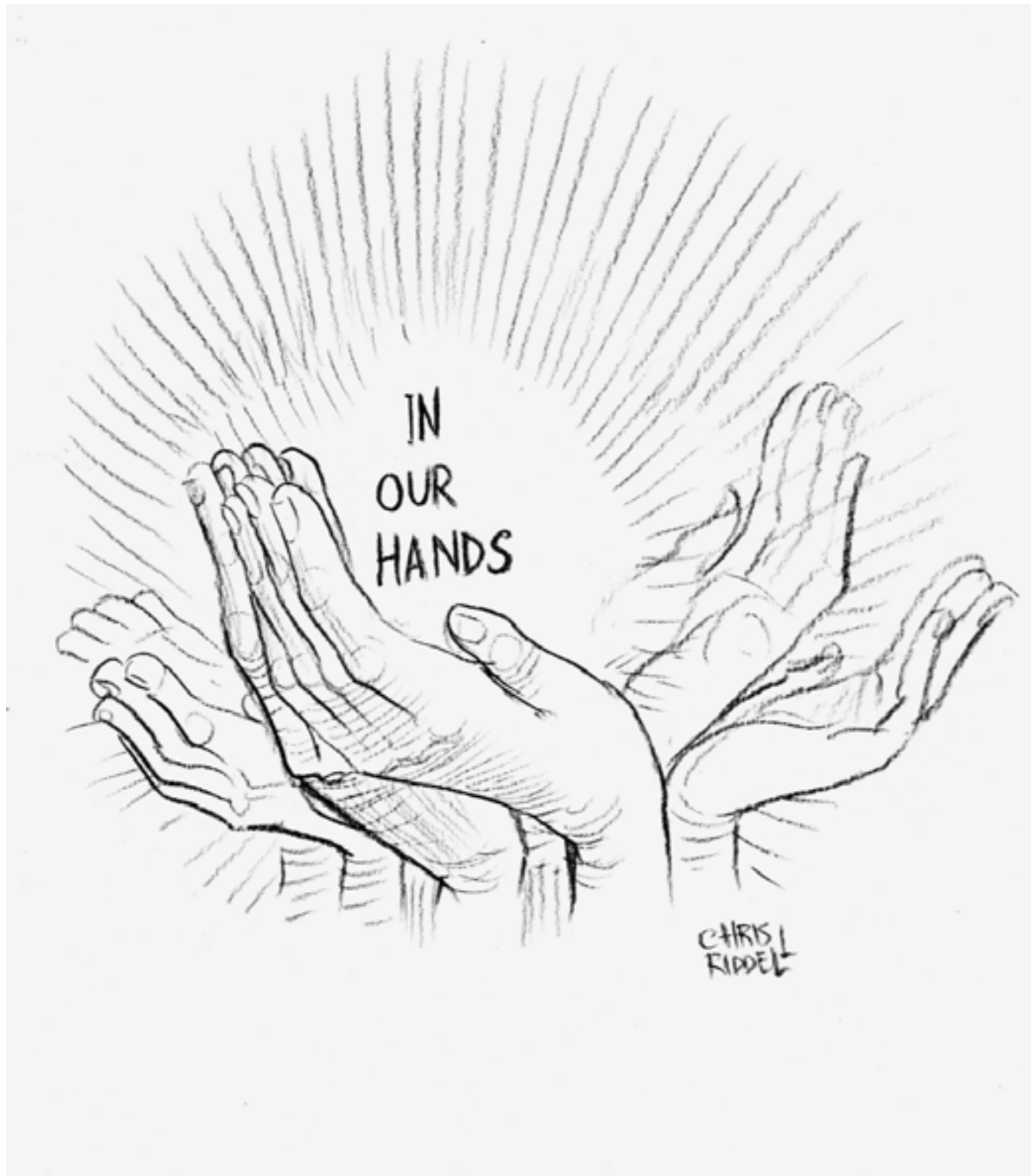


**&**



**Heard**

**HANDS OF CHANGE: DRAW AROUND YOUR OWN HAND**



**NARRATION** – A storyteller tells us the information from off-camera via 'voice-over' while we watch the visuals. This style helps the filmmaker to share a lot of information while still allowing them to use visual footage.



**PRESENTER** – One person is the face of the documentary, talking to the camera and sharing information as the film progresses. **INTERVIEWS** – People may be interviewed by the presenter, or they may just be interviewed straight to camera. Sometimes the interviews are



## DOCUMENTARY

**Noun:** A film or television or radio program that provides a factual report on a particular subject



**DRAMATIC RECREATIONS** – The documentary will have segments of drama where people will re-enact what happened to show the viewer. These are often used in historical documentaries because no real footage exists.



**STILL PHOTOGRAPHS** – A slide show of still photographs will form part of the documentary and may have voice-over or music behind it.

**OBSERVATIONAL** – The camera rolls and we just watch it. There is no voice-over or narration of any kind – we see what the camera sees. This is often used for nature documentaries. even used as 'voice-over'.



# TERMS!

HERE ARE SOME KEY WORDS TO INSPIRE YOU

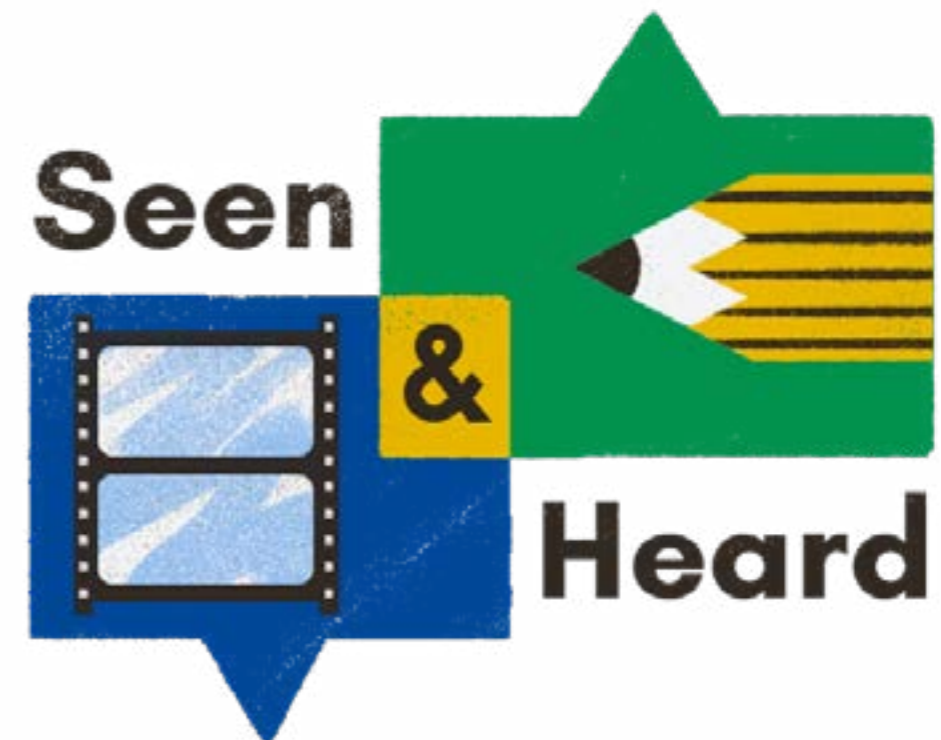
# FILM TIME

## LET'S WATCH



As you watch, use these pages to think about what you find most important or interesting.

1. Note a specific quote or detail from the film.
2. Think about what you noticed about it or what questions it raises for you.
3. Try to spot the type of style & techniques the filmmaker(s) used.
4. Is the documentary trying to INFORM us or PERSUADE us? How can you tell?



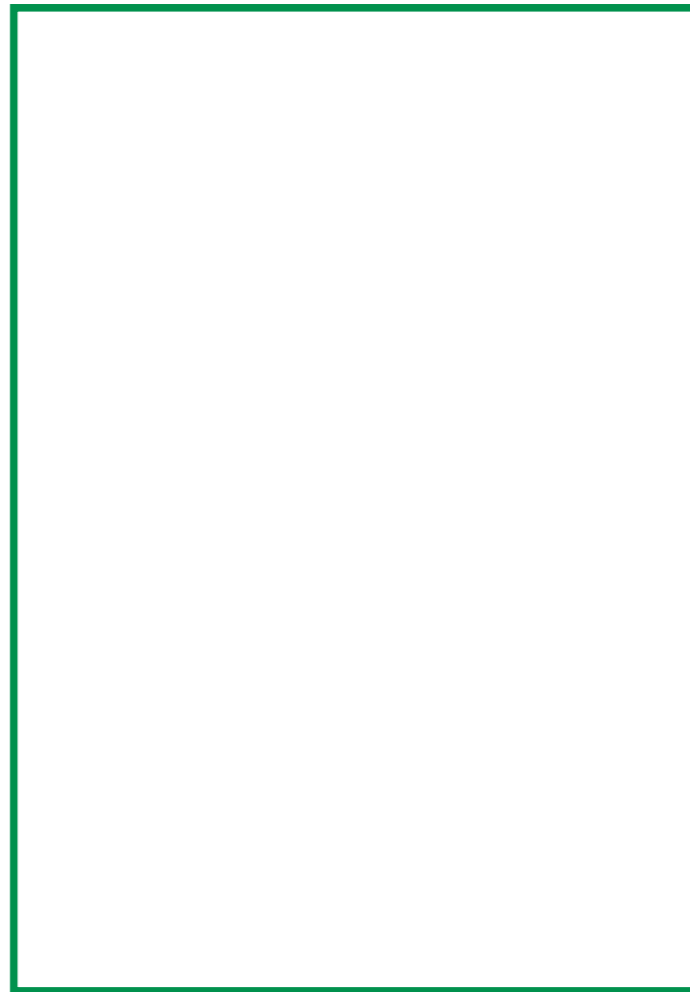
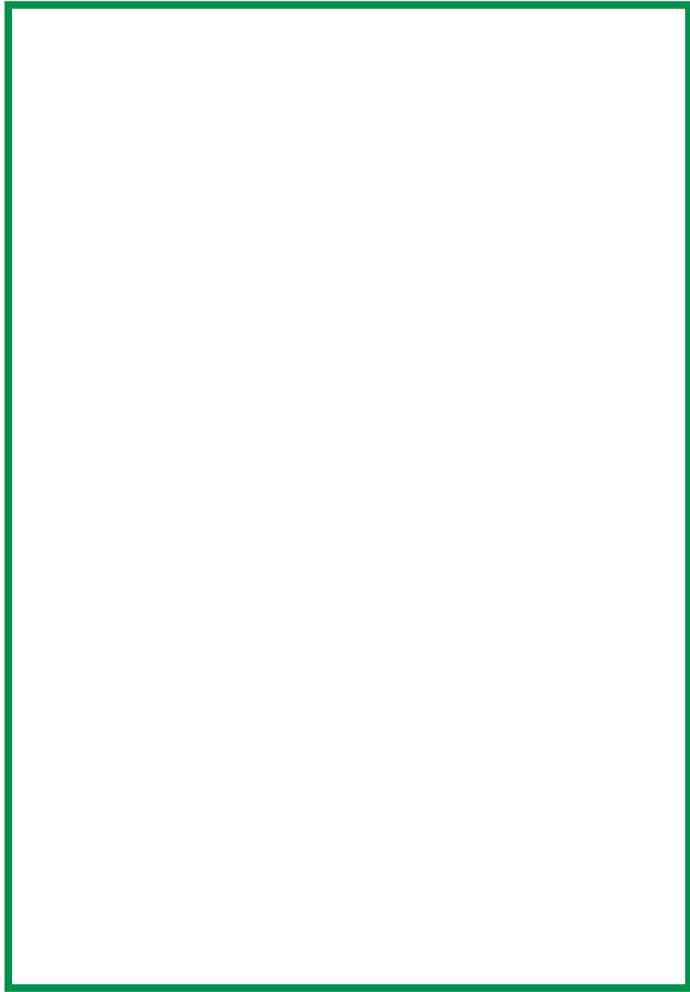
## 1. DETAILS/QUOTES



## 2. OBSERVATIONS & QUESTIONS



### 3. STYLE & TECHNIQUES

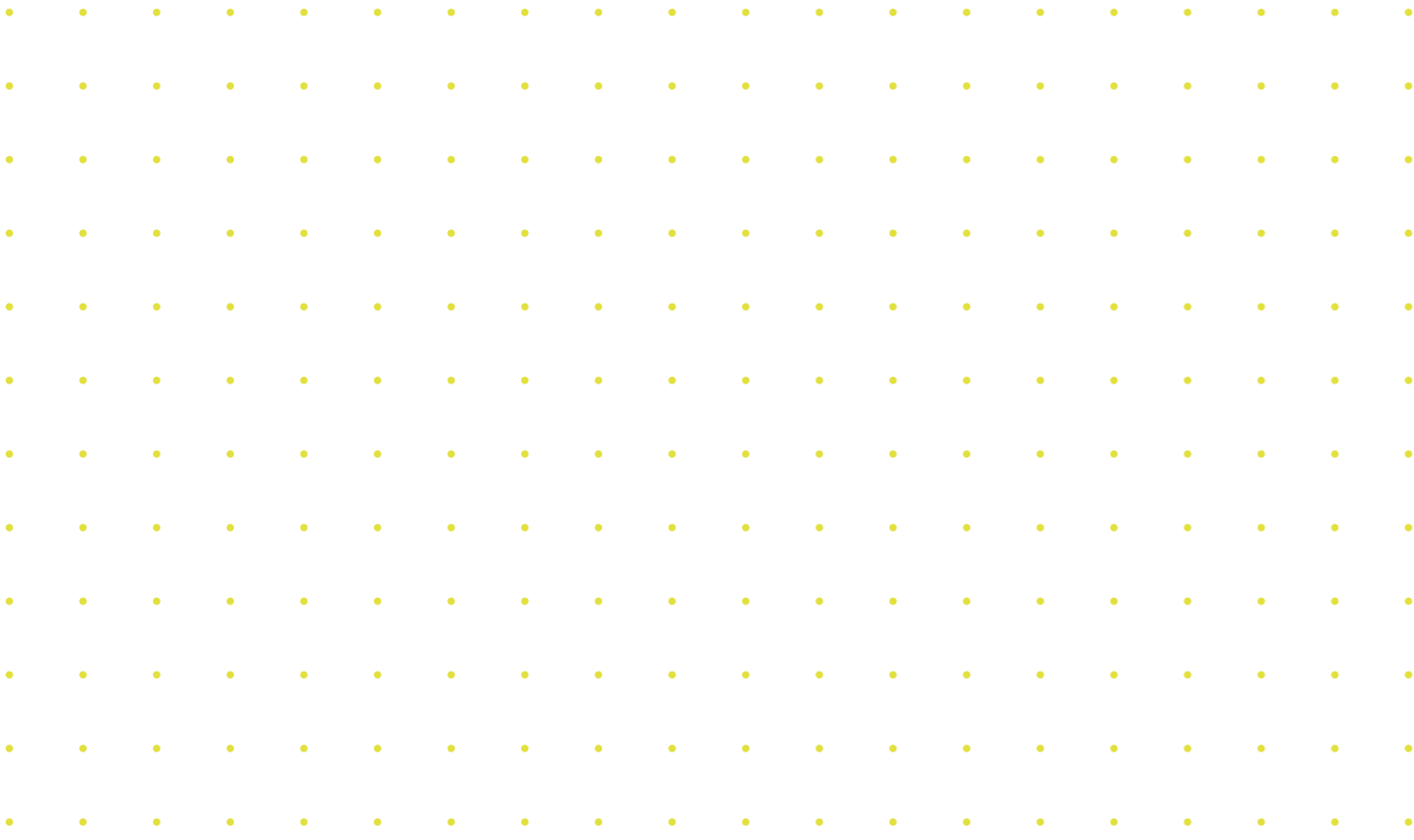


### 4. INFORM OR PERSUADE?




**LET'S PLAN OUR  
PRODUCTION**


**WHAT'S THE TITLE OF YOUR FILM?**



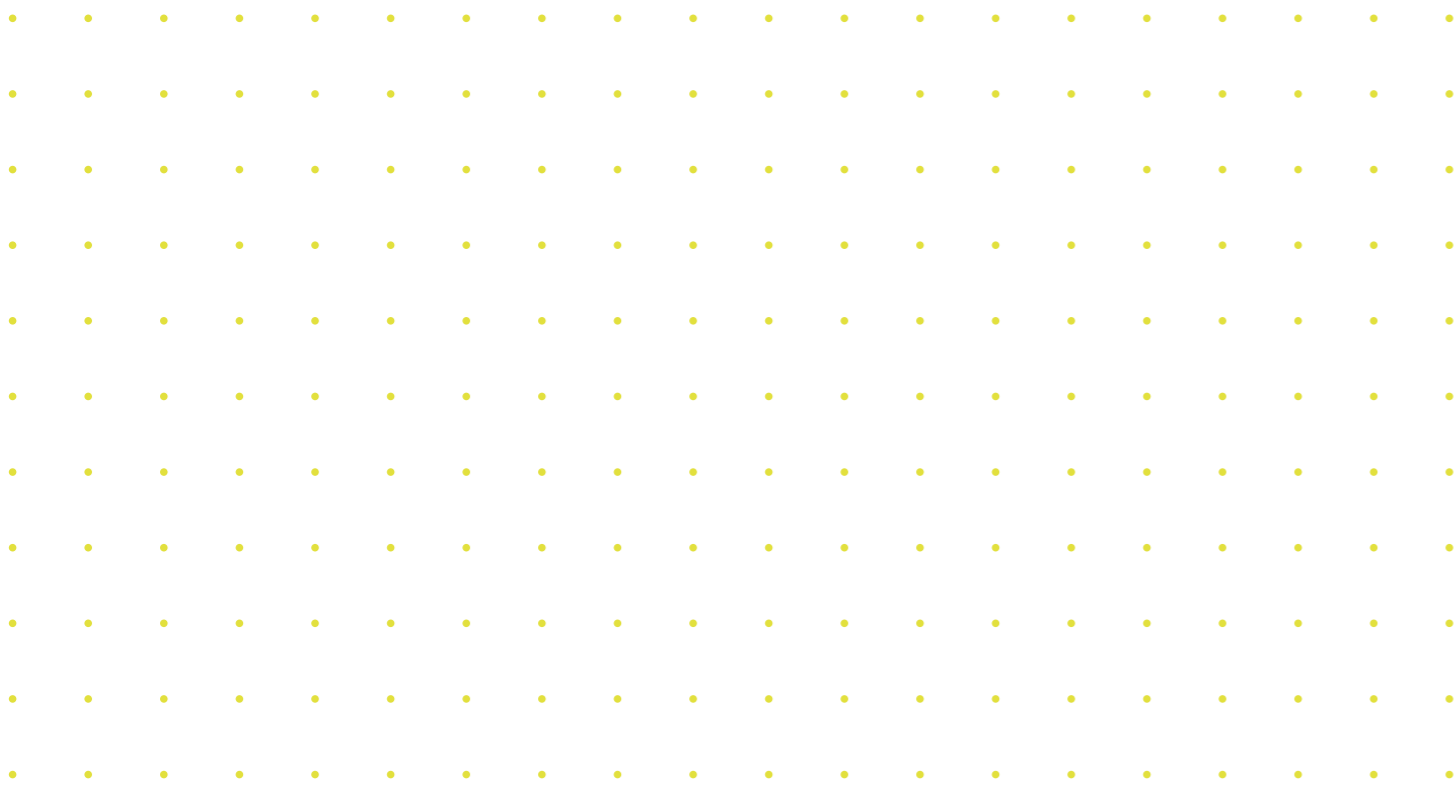
**WHAT IS THE FOCUS OF THE DOCUMENTARY?  
WE HAVE CHOSEN THIS THEME BECAUSE...**



**WHO IS/WHO ARE  
YOUR CHARACTERS?**



• **WHAT DOCUMENTARY STYLE WILL YOU USE? IS IT AN UNFOLDING STORY, AN INTERVIEW BASED DOCUMENTARY, A DRAMATIC RECREATION?**



• **ARE THERE INTERVIEWS, NARRATION OR DRAMATIC RECREATIONS?**



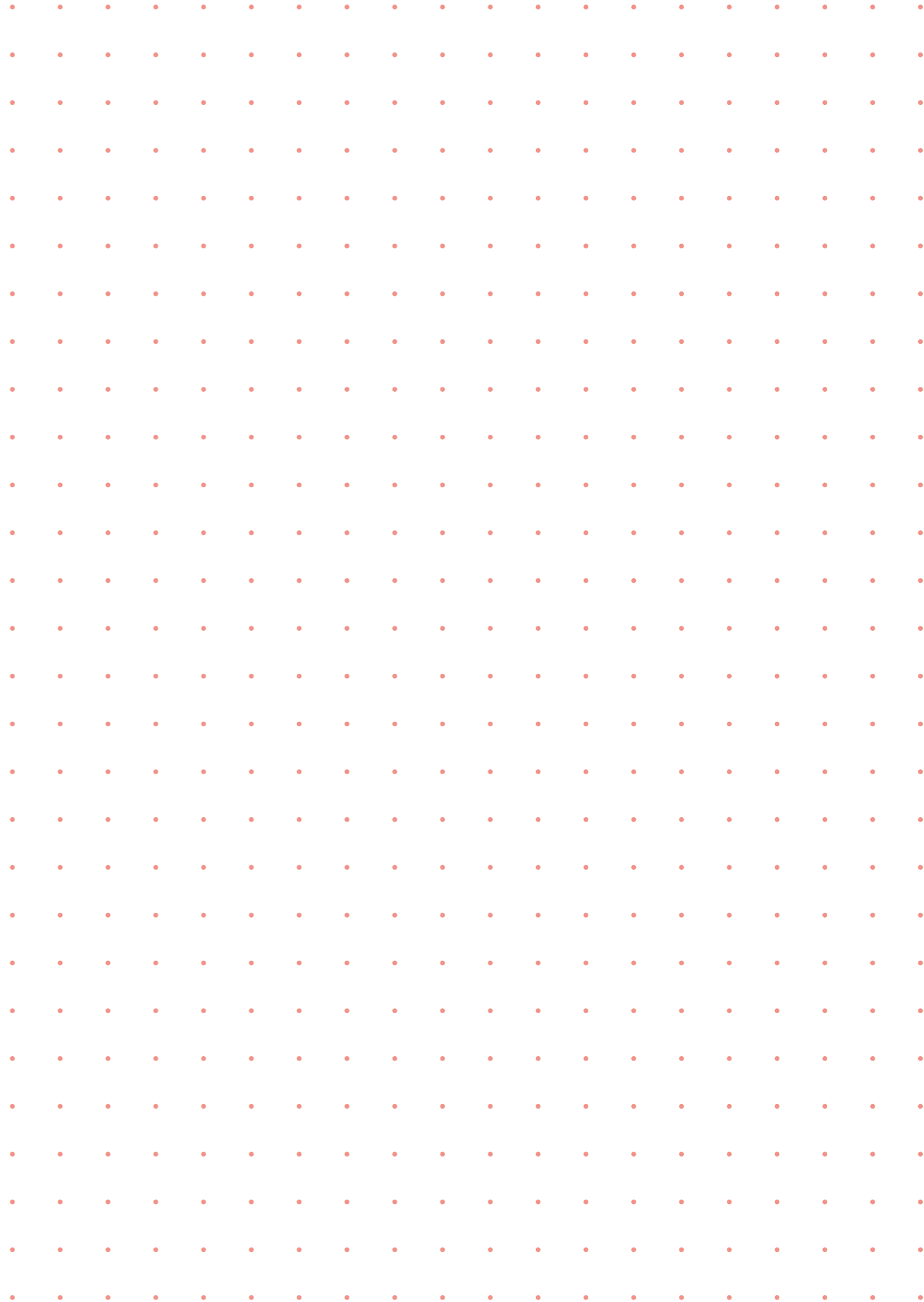
• **WILL YOUR FILM USE MOVING FOOTAGE OR STILL PHOTOGRAPHS OR ANY OTHER TECHNIQUES?**

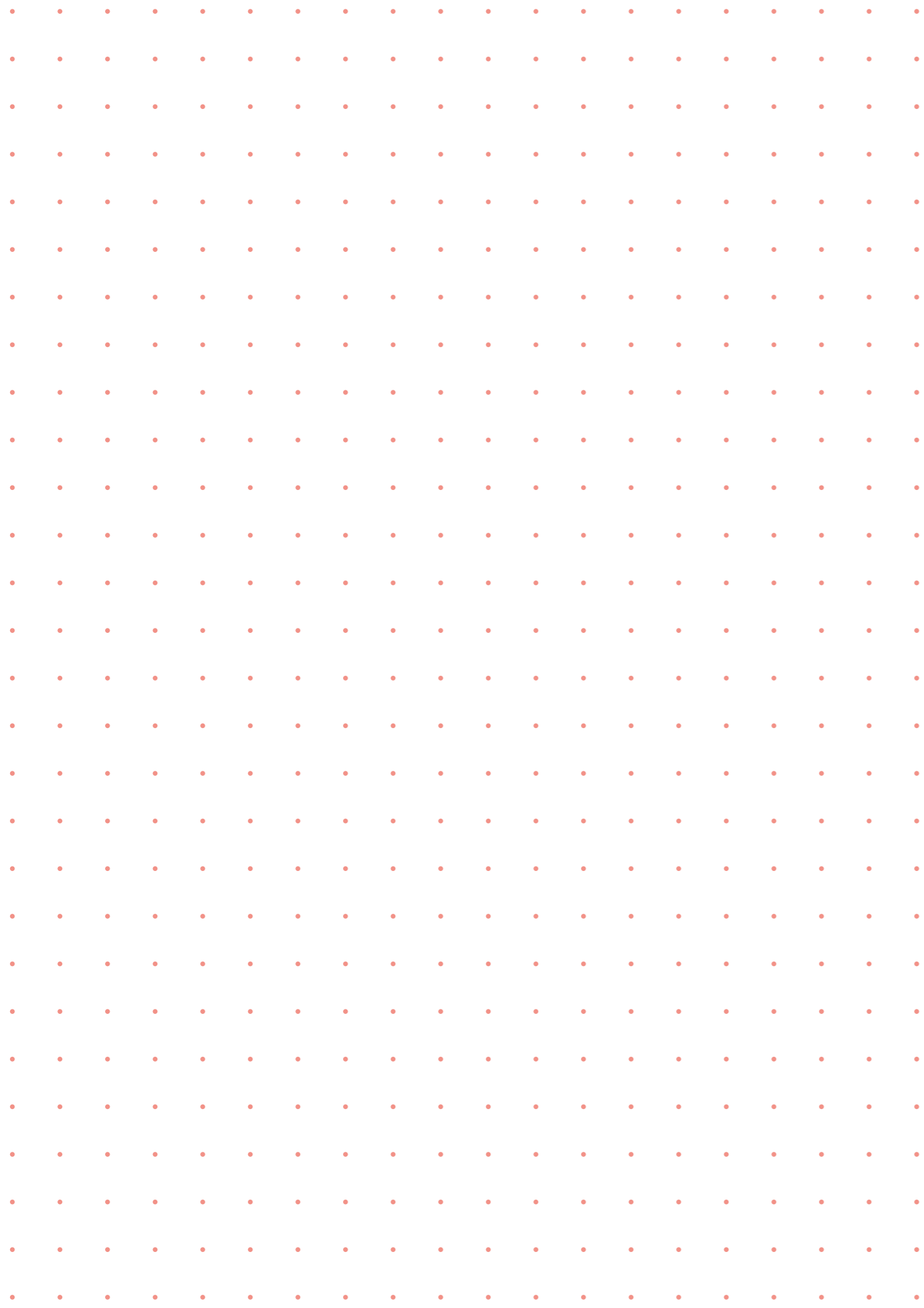


• **WHAT SORT OF MUSIC OR SOUND EFFECTS DOES IT USE?**



**BRAINSTORMING!**





## ● **ACTIVE LISTENING**

ACTIVE LISTENING IS A WAY OF LISTENING AND RESPONDING TO ANOTHER PERSON THAT IMPROVES MUTUAL UNDERSTANDING. IT INVOLVES FULLY CONCENTRATING ON WHAT IS BEING SAID RATHER THAN JUST PASSIVELY 'HEARING' THE MESSAGE OF THE SPEAKER. ACTIVE LISTENING REQUIRES THAT THE LISTENER FULLY CONCENTRATE, UNDERSTAND, RESPOND AND THEN REMEMBER WHAT IS BEING SAID.



## TYPES OF SHOTS



### Zoom

Zooming gives the impression of moving closer or further away from the subject. It can be used to magnify a focus point in the frame, but other moves such as a dolly, are a more natural way to show movement.



### Pan

Panning moves the camera horizontally on a central axis. The camera remains stationary, but the direction that it faces changes. Can be used to follow a moving character or to fit more into a frame

## TYPES OF SHOTS



### Truck

Similar to dollying, trucking involves a moving a track-mounted camera along a fixed horizontal path. Often used to follow characters in action. Get rid of jerking camera movements with a fluid motion track.



### Pedestal

A pedestal involves moving the camera upwards or downwards in relation to a subject. It's different from tilting in that the entire camera ascends or descends, rather than camera angle alone.



### Tilt

A tilt is a vertical pan movement. A slow upwards tilt can be very effective in making a subject appear bigger or more significant while a downwards tilt has the opposite effect.



### Dolly

In a dolly shot a track-mounted camera moves towards or away from the subject. Unlike a zoom, the world around the subject moves with the camera. A dolly towards the subject creates intimacy.



### Establishing shot

Establishing shots build ambiance and show the context of what's to come. Often a long shot, the establishing shot indicates where (and sometimes when) the scene is taking place.



### Full Shot

The full shot is just as the name implies and shows the entire body of the subject from head to toe. This shot tends to focus more on the character's movement rather than their state of mind.

## TYPES OF SHOTS



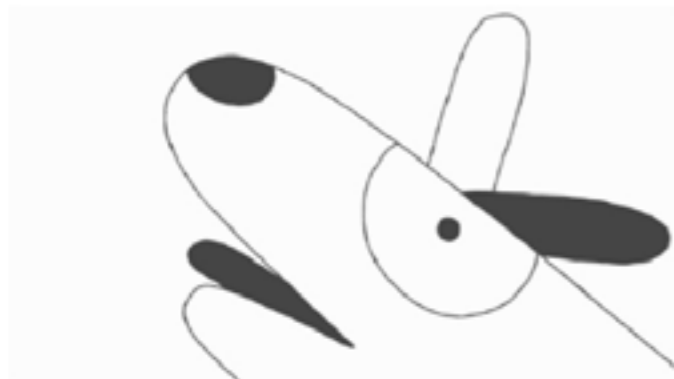
### Medium shot

Also known as the 3/4 shot, the medium shot typically shows the subject from the knees up. It allows the viewer to see the background environment and the character's gestures, while still being close enough to capture their emotions.



### Close shot

In a close shot, the subject's head and/or face takes up most of the frame. This allows their reactions and emotions to dictate the scene. The subject is the focus which helps build a connection with the audience.



### Extreme close shot

An extreme close shot is so close that only one detail, such as a person's eyes or mouth, can be seen. Because of the unnaturally close nature of the shot, it should be used sparingly. An ECS can be incredibly effective for adding drama.



### Up shot

An up shot is taken from below eye-level creates the perception that the viewer is looking at them from a lower perspective. This type of shot can give the impression that the subject is powerful, heroic, or even dangerous.

## TYPES OF SHOTS



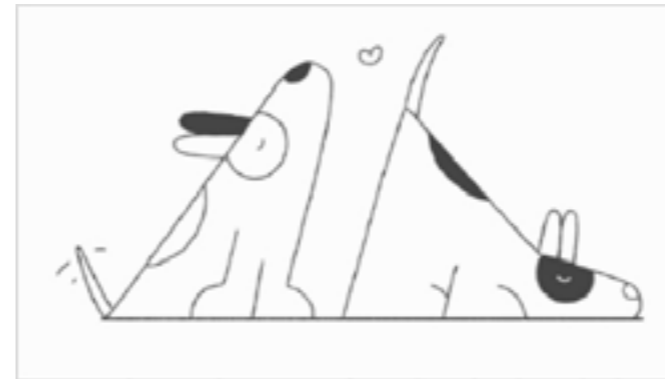
### Down shot

A down shot, in contrast to an up shot, is taken from above the eye-level of the subject and can make the subject seem vulnerable or powerless.



### Over the shoulder

Taken from behind the shoulder of another character, an OTS typically frames the subject in a medium or close shot. It is effective in group conversation scenes and establishes which characters are speaking to each other.



### Two Shot

A two shot presents two characters together within the same frame. It's a natural means of introducing both people and can be used to shed light on their relationship with one another.



### Point of view shot

The point of view (POV) shot shows us what character sees in first-person. It allows the viewer to take on the perspective of the character and begin to understand their state of mind on a more personal level.







**HERE'S SOME SPACE FOR YOUR OWN PERSONAL REFLECTIONS**





