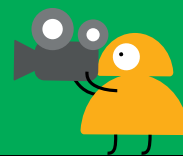


Video and voice note guidance



What should I say?

We want to hear from you about your 'day in the life' in healthcare and how play supports you.

Think about the days or weeks that you have spent in healthcare and use some or all of these prompts to tell us about your experience.

Tell us about yourself...

For example, what is your age? What do you do for fun? What is your favourite food?

My experience of healthcare is...

Do you go to a hospital, a dentist, a GP, an outpatient clinic, or a different healthcare setting? Why do you go there? What happens when you are there (e.g. what type of treatment or procedure)?

My favourite part of healthcare is...

My least favourite part of healthcare is...

I want to tell other children and young people to expect this in healthcare...

Play in healthcare helps me because...

How should I film?

You could either:

- Film **one video/voice note at once** for a **maximum of 5 minutes**.
- Film **multiple short videos/voice notes** for around 10-30 seconds which you then edit together for a **maximum of 5 minutes**.

What app/equipment should I use?

You can use any app or piece of equipment. You could also use a video editing app.

Can I include my family?

If you want to include your family in your video/voice note, please tell them why you are making this video and that you will be sharing it with Starlight. **Your parent/guardian will also need to give their permission** to share your video/voice note with Starlight, using the consent form.

How do I share with Starlight?

Please use a website called **WeTransfer**. WeTransfer is a free, quick, and safe way to send large files to someone else. You do not need to have used WeTransfer before or have signed up for a WeTransfer account.

Please follow the instructions [here](#).

Can I include healthcare staff?

- **Please do not include healthcare staff** in your video/voice note as not everyone will feel comfortable. Where possible, please do not film other people in the background of your video and/or let them know you are doing this.
- **Please do not name healthcare staff**. Instead, you can say "my health play specialist" or "my doctor," as not all healthcare staff will feel comfortable being named in a video/voice note.

