



Information for participants

# Welcome to Social Seniors



## Social Media & Digital Storytelling

### What is Social Seniors?

If you're over 60 and would like to extend your digital skills, broaden your social networks, share your stories creatively, and connect with people on social media, Social Seniors is for you.

Social Seniors is a series of three free 2 ½ hour workshops held over six weeks to introduce you to a range of simple tools that you can use to produce short films on your mobile device and share stories with people with similar interests.

As well as sharing 'digital stories' and discovering social opportunities, this program will help you address any concerns you may have around online privacy, safety and security.

You do not need to have extensive online experience – just a willingness to learn!

## What will you gain from the program?

### By the end of the three workshops, you'll be able to:

- Find and connect with online groups and social opportunities in your area
- Create short videos and digital content related to your personal interests
- Participate regularly in community groups and activities using social media platforms
- Use digital technology in your everyday life
- Understand more about online privacy and security
- Have more confidence to go online to research areas of interest, manage your banking, pay bills and access local services
- Hopefully have a few laughs and make some new friends in the process!

As well as having access to a knowledgeable facilitator and a small group of 8–12 friendly participants, Social Seniors provides a supportive Facebook Group, through which you can ask questions, swap tips, and experiment with your new online skills outside of the workshops.

## What do you need to participate in the program?

**You will need to bring two things - your internet enabled smartphone or tablet and a lot of enthusiasm!**

As part of the program, we'll be using the free video-editing app *Adobe Premiere Clip*, and *Facebook*. Your devices must be compatible with the *Adobe Premiere Clip* and *Facebook* apps. You will also need an email address to be able to use the apps.

To be able to use *Adobe Premiere Clip* on an iPad or iPhone, your device will need an iOS (your devices' operating system) of 8.1 or later. This was released in 2014. If your device is older than 2014, you can check what iOS your device has by tapping **Settings > General > About** and then scroll down to Version.

To be able to use *Adobe Premiere Clip* on an android device, you will need an android OS (your devices' operating system) version 4.4 and up. This was released in 2012. If your device is older than 2012, you can check what OS your device has by tapping **Settings > About phone** and then scroll down to Android version.

The first workshop will show you how to download these apps onto your phone. You just need to make sure you know your login details for your Apple App store or Google Play store.

If you have any questions about this, please ask at the library. They will be happy to help.

## Is there any work outside the workshops?

**Yes – a little!**

Between the workshops, you'll be asked to come up with an idea for your digital story and to collect some footage. You can use the program's Facebook Group to ask questions outside the workshops. There are also some suggested websites that you may want to visit to learn more.

## Workshop 1

- Overview:** As well as meeting and getting to know your co-participants, this first workshop will introduce you to basic social media tools for communication and participation. It will give you the skills to download apps, set-up a Facebook profile and begin to share information safely online. You will also begin the process of developing a short video – or ‘digital story’ – on a subject of personal interest or community importance.
- Duration:** 2 hours 25 minutes (including a 30-minute break).
- Key topics:** Creating social media profiles; protecting your privacy; posting content to Facebook; planning digital stories.
- Core skills:** Setting up a Facebook account (including privacy and notification settings); posting an image safely to Facebook; creating a storyboard for your digital story.

### Workshop 1 homework

- Choose one of the three options for your digital story.
- Create your storyboard ‘shopping list’ using the worksheet provided.
- Think about whether you want to include a voiceover or text in your video to help you tell your story.
- Film some video or take some photos on your mobile device to be used in your video.
- You may like to visit the e-safety website to have a look at their recommendations around privacy settings for Facebook [www.esafety.gov.au/esafety-information/games-apps-and-social-networking/facebook](http://www.esafety.gov.au/esafety-information/games-apps-and-social-networking/facebook)
- You may like to learn more about storyboarding. One website that might be useful is: <https://resources.goanimate.com/what-is-a-storyboard-and-why-do-you-need-one>

## Workshop 2

- Overview:** In this second workshop you’ll learn how to find and connect with Facebook groups with similar interests – including a ‘closed’ group set up specifically to help you share tips and test your new skills with fellow participants. You’ll also begin to edit your mobile footage into a proper short film using the free program, Adobe Premiere Clip.
- Duration:** 2 hours 30 minutes (including a 30-minute break).
- Key topics:** Engaging with Facebook groups; introducing your digital story; learning the basics of digital video editing.
- Core skills:** Finding and joining a Facebook Group; introducing your story to our private group; using *Adobe Premiere Clip* to edit your film clips.

### Workshop 2 homework

- Take some time to get familiar with *Adobe Premiere Clip*. Two websites that may help with this are:
  - 1) [smartphones.gadgethacks.com/how-to/adobe-premiere-clip-101-edit-videos-your-smartphone-automatically-0179197/](http://smartphones.gadgethacks.com/how-to/adobe-premiere-clip-101-edit-videos-your-smartphone-automatically-0179197/)
  - 2) [helpx.adobe.com/mobile-apps/help/clip-faq.html](http://helpx.adobe.com/mobile-apps/help/clip-faq.html)
- The Gadget Hacks website (the first link) provides a step by step guide on how to use *Adobe Premiere Clip* on both an apple device and then an android device.
- Edit your own video.

## Workshop 3

- Overview:** In this final workshop, you will complete the editing of your digital story in *Adobe Premiere Clip*. You will learn how to incorporate text into your videos. By the end of the workshop, you will be ready to share your story on Facebook – and to begin building a lasting social media network beyond the workshop program.
- Duration:** 2 hours 25 minutes (including a 30-minute break).
- Key topics:** Completing our digital story edits; inserting text; posting our videos to Facebook (when completed).
- Core skills:** Using *Adobe Premiere Clip* and inserting text into your film.

**“We’re all about lifelong learning.** It’s not sitting in a classroom, being taught by someone who believes they know everything. It’s sharing our knowledge, sharing our skills, and just learning.”

### Lynden

Social Seniors participant  
Melbourne, October 2017