

## DIGITAL ACTIVITIES 2016

Using Adobe Spark Post, Video and Page, create awesome digital content to share with your school community & encourage them to be UPSTANDERS & ask “are you ok?”

### 1. WHAT YOU WILL NEED

- Photos that you and your friends took on R U OK? Day
- Online access to [spark.adobe.com](http://spark.adobe.com) or the free Adobe Apps: Spark Post, Spark Video and Spark Page
- Images and logos from The BULLY Project and R U OK? here: [bit.ly/BullyRUOKActivity](http://bit.ly/BullyRUOKActivity)

### 3. CREATE & SHARE A DIGITAL PLEDGE

Using Adobe Spark Post, create your R U OK? Day UPSTANDER Pledge.

1. Login to [spark.adobe.com](http://spark.adobe.com) and click on create a new post.
2. Type in your pledge text... for example: I will reconnect with Alex and ask “are you ok?” or If I see someone alone in the playground I will make an effort to talk to them. Click next.
3. You can change the text and background image from the white popup button on the image, or follow the menu up the top right to choose a theme, change the colour palette, background image and text.
4. Click on Background>Replace Photo>Upload Photo to add an image of you on R U OK? Day.
5. Click on Text to change the shape, colour, font, spacing and alignment of your text.
6. When you’re happy with it, hit the ‘share’ button which will take you to a pop up where you can choose your title and download your work to save in your project folder and/or create a link.
7. Now that you’ve made your digital pledge it’s time to share it to encourage others to do the same. Here’s 3 things you should do:
  - Go to [www.ruok.org.au](http://www.ruok.org.au) and upload your photo to the R U OK? Day photo wall.
  - Upload your work to [thebullyprojectmural.com](http://thebullyprojectmural.com) and join UPSTANDERS around the world who are sharing art and ideas to reduce bullying.
  - Decide as a group how you are going to share your pledges with your school community. Is there a school or class social media group or facebook page? Is there a corridor where you can print and display your pledges and have blank pages for others to write up their own pledge?

Make sure you hashtag us so we can see your awesome work! #ruokday #TheBULLYProjectMural.

### 2. THE SET UP

1. Go to: [spark.adobe.com](http://spark.adobe.com) and create an account.
2. Create a new folder called “160908 RUOKBullyProject”. Within that folder create another 3 folders called “Images” “Footage” and “Graphics”.
3. Save all the still photos and images that you have taken on the day in the “Images” folder
4. If you took any video on the day save that in the “Footage” folder
5. Go to: [bit.ly/BullyRUOKActivity](http://bit.ly/BullyRUOKActivity) and download the graphics and save them in the “Graphics” folder.
6. Check out page 3 of this doc for additional notes and links to help you on your way.

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### 4. CREATE A SPARK VIDEO OF YOUR DAY



Using Adobe Spark Video, create a video to communicate what R U OK? Day and The BULLY Project are all about.

1. Decide on what you want to communicate with your video. What is the aim you are trying to achieve and who is your audience? For example you may be making a video to recap your day and share it in the school newsletter, or maybe you are informing students where they can get help if they are being bullied, or maybe you are encouraging other students to be UPSTANDERS and if they see someone going through a tough time ask the question “are you ok?”

Whatever your goal, write it down your so you can refer to it as you are making your video.

2. Login to [spark.adobe.com](http://spark.adobe.com) and click on create a new video
3. Type in the name of your video and click next.
4. Choose a template for your video or start from scratch.
5. Watch the quick tips to get started video which pops up in the window.
6. Choose a theme for your video.
7. Make sure your video has at least 3 slides to communicate your message through a story with a beginning, middle and an end.
8. You can add your own images and graphics to your slides, as well as text and even find icons and images from the internet.
9. You can change the layout of each slide using the menu item on the top right of your screen.
10. Use the microphone button to add voiceovers to the slides.
11. You can add music to your video by clicking on the menu item on the top right of your page.
10. When you're happy with your video click on the share button, fill out the video details and download it and save in your project folder.
11. Now that you've created your video, it's time to share it. Consider the intended aim and audience of your video and therefore where the best places are to reach them. Are you sharing your video in class, at assembly or on the school website? Is it part of induction for new kids at school? Maybe you'll even have a mini film festival at school to share all the work created.

We at The BULLY Project and R U OK? would love to see your creations, you can email a link through to [hello@thebullyproject.com.au](mailto:hello@thebullyproject.com.au) or tag us on facebook: [www.facebook.com/thebullyprojectaustralia/](http://www.facebook.com/thebullyprojectaustralia/)

You can upload your work to [thebullyprojectmural.com](http://thebullyprojectmural.com) and join UPSTANDERS around the world who are sharing art and ideas to reduce bullying.

## **5. CREATE A SPARK PAGE ABOUT YOUR DAY TO SHARE AS A NEWS STORY**

Using Adobe Spark Page, create a webpage to communicate what happened on R U OK? Day at The BULLY Project screening.

1. Decide on what you want to communicate with your video. What is the aim you are trying to achieve and who is your audience? For example you may be using the page as a landing page to inform other students about bullying and how to ask “are you ok?”, or maybe you are creating a blog or news report to recap your day and share it in the school newsletter. Whatever your goal, write it down so you can refer to it as you are making your video.
2. Take a look at [spark.adobe.com/about/page](http://spark.adobe.com/about/page) to see what features you can add and browse what other people have created.
3. Login to [spark.adobe.com](http://spark.adobe.com) and click on create a new page
4. Add a title, subtitle and header image.
5. Click on the theme button on the top right of your screen to choose a theme for your page.
6. Use the pop up prompts under the plus signs to add new content. You can add your videos, images, graphics, text, buttons and arrange them in various ways. You can even use the Spark Post and Spark Video you’ve made.
10. When you’re happy with your page click on the share button, fill out the video details and create the link.
11. Now that you’ve created your page, it’s time to share it. Consider the intended aim and audience of your page and therefore where the best places are to reach them. Are you sharing your page in the school newsletter or website? Will you use it in a presentation?

We at The BULLY Project and R U OK? would love to see your creations, you can email a link through to [hello@thebullyproject.com.au](mailto:hello@thebullyproject.com.au) or tag us on facebook: [www.facebook.com/thebullyprojectaustralia/](http://www.facebook.com/thebullyprojectaustralia/)

You can upload a link to your work to [thebullyprojectmural.com](http://thebullyprojectmural.com) and join UPSTANDERS around the world who are sharing art and ideas to reduce bullying.

## **ADDITIONAL NOTES & LINKS**

Check out these handy tutorials, links and content that you may like to include in your creations:

### **ABOUT THE BULLY PROJECT**

Find out where to get help if you are being bullied here: [thebullyproject.com.au/get-help](http://thebullyproject.com.au/get-help)

Find out how you can take action and be an UPSTANDER here: [thebullyproject.com.au/take-action](http://thebullyproject.com.au/take-action)

### **ABOUT R U OK?**

Find out more about R U OK? Day and upload your photos here: [www.ruok.org.au](http://www.ruok.org.au)

Video: How to ask a school mate R U OK? <https://youtu.be/hFzRTwTCmXA>

Video: Dear Danielle, Thanks For Following Up by Maddy <https://youtu.be/6aHRVCm14kA>

How to ask a mate “are you ok?” <https://www.ruok.org.au/ask-a-mate>

### **ADOBE SPARK HELP**

Check out these tutorials and demos by Adobe’s Dr Tim Kitchen <http://bit.ly/CreateEduTV>