

# YOUDEX

## YOUTH DEMOCRATIC EXPERIENCES

**SPEAK-UP**

**Start** May 29<sup>th</sup>, 2025 | **End** June 1<sup>st</sup>, 2025



YOUTH DEMOCRATIC EXPERIENCES



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# Introduction

At the heart of YOUDEX lies a simple yet transformative belief: young people's personal stories have the power to illuminate democratic participation, spark dialogue, and inspire change. Through authentic narratives, youth can uncover the everyday ways they exercise democratic values—in families, schools, and communities—and share these experiences with peers across Europe. By placing lived experience at the centre, the toolkit offers a compelling pathway to learn about democracy not through abstract theory, but through life itself.

This toolkit is designed to guide youth and youth workers through a creative and meaningful process of digital storytelling and is designed following a three-day international training that took place in Berlin. There, the young participants came together with youth workers and educators from across Europe to explore the potential of oral digital storytelling as a method for civic engagement. The result is a collection of practical resources designed to support young people in finding their voice, expressing their experiences, and producing meaningful digital content.

The toolkit is structured in three modules, each combining introductory guidance, ethical reflection, and hands-on activities:

- **Module 1:** *Introduction to Storytelling*

An entry point into the world of storytelling: what it is, why it matters, and how it connects to identity, communication, and activism. The module also includes a focused section on the ethics of storytelling, featuring some activities that encourage young people to reflect on consent, truth, impact, and intent.

- **Module 2:** *How to Tell a Story*

This section dives deeper into the narrative process, helping participants shape their own stories using structure, voice, and emotional depth.

- **Module 3:** *Introduction to Digital Storytelling Tools*

This section is a practical guide to the tools that can help bring stories to life in digital formats. Starting with a light activity, the module introduces user-friendly platforms including Canva (for visual design), CapCut and DaVinci Resolve (for video editing), Adobe Lightroom (for photo editing), Audacity (for podcast/audio editing), and Flipnote Hatena (for animation for storytelling on Nintendo devices).

Whether you're a youth worker, educator, or young person looking to express yourself and your democratic journey, this toolkit offers a flexible and engaging path to tell stories that matter.



YOUDEX - Youth DEMocratic EXperiences is a project co-funded by the Erasmus+ Programme. Its general objective is to provide youth with tools and spaces to collect and share lived experiences of democracy, empowering peers to learn, enjoy and enforce their participation rights in democratic societies. YOUDEX places the spotlight on personal stories, peer exchange, and creativity as pivotal tools for civic engagement and democratic reflection.

The project brings together young people, educators and youth workers living across the EU to explore together their meaning of democracy and how they live it in their communities, schools, or families, and how storytelling can serve as a bridge between them.

The project has four main phases:

- **SpeakUp:** Training in Digital Storytelling

Gain skills to craft impactful narratives using podcasts, interviews, and other audio formats—shaping personal and collective stories in creative and theatric ways.

- **Youth in Action:** Co-Creation of Digital Content

Youth take the lead, choosing themes and topics that matter to them. Together, they record testimonies, fostering a participatory, youth-led storytelling process.

- **Hear Me Out:** Digital Gallery & Open Workshops

Selected stories are showcased at IDEC@EUDEC in August. A vibrant innovative space where drawing, photography, and crafts bring youth democracy to life.

- **Read Me Loud:** Collection of Youth-Democracy Stories

The final step: publishing digital zines that curate and amplify these voices, creating a lasting and shareable record of youth democratic experiences.



# Partners



**ORVITA**  
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# Module 1

## Introduction to storytelling

Welcome to the world of digital storytelling! Get ready to explore how creativity and technology come together to help you express yourself and share your unique experiences. Digital storytelling blends personal narratives, artistic expression, and digital tools to craft powerful and engaging stories that leave a lasting impact.

But before diving into formats and techniques, let's pause and ask the most important question: Why?

Why do we tell stories? Why is storytelling such a vital part of who we are and how we connect with others? What makes stories powerful, memorable, and meaningful?

To begin this journey as a storyteller, start with some warm-up questions designed to help you unlock your understanding of storytelling and recognise how it already plays a role in your life by reflecting on your own experience:

### Activity 1 - Gather with a group of friends and confront your answers to these questions

- What comes to your mind when you hear the word storytelling? Can you give some examples—maybe an autobiography, a blog post, a documentary, or a YouTube video?
- Have you ever told a story online—on Instagram, TikTok, YouTube, or a personal blog?
- Can you think of a story that moved or inspired you recently?
- Do you think storytelling can be a form of activism?

It depends on how storytelling is performed, it can be impactful. For example there is a rapper in the north of Ireland who raps in Irish and this is bring more attention to the Irish languages, and it really is a form of activism and anti-colonialism as they have been banned from a few festivals now

Maybe it is not "classical" storytelling, but when i go on vacation I share the photos in a carousel

Sometimes i share stories with my friend on instagram, with like close friends

i think storytelling can really bring awareness to topics, which is a form of activism

when i was travelling i met some people who told me some stories about their countries , and now I am really inspired to go there for example

One of my classmates told me about a class in her bachelor degree about WW2 in a very international classroom, and after being divided in two groups, they shared the way they had learned history. For me that was inspiring, to go to another country and maybe study history

Storytelling is increasingly recognised as a powerful tool in activism, enabling individuals and communities to reclaim their voices, challenge dominant narratives, and build solidarity. Unlike statistics or policy reports, stories have the power to evoke empathy, create emotional resonance, and make complex social issues feel personal and urgent. By telling a story rather than merely reciting dry facts, we remember the details more clearly. Activist storytelling often centres lived experiences—particularly those of non-dominant and marginalised groups—to highlight injustice and



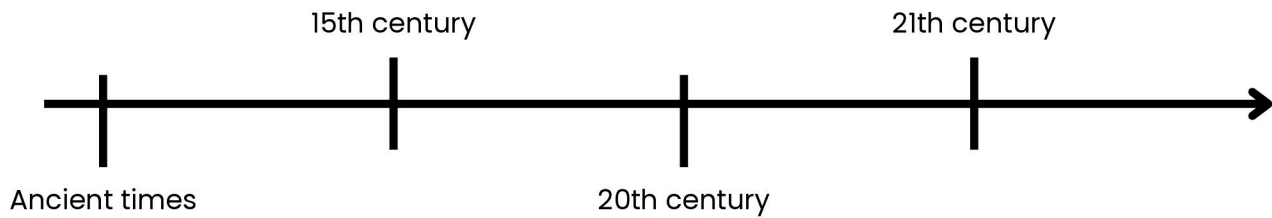
mobilise support. Storytelling allows people to frame their struggles in relatable terms, making political issues more accessible and engaging to the public. Activists have long used storytelling, from oral traditions in Indigenous resistance to personal testimonies in feminist movements. More recently, digital platforms such as X, Instagram, and YouTube have amplified these narratives worldwide. Movements such as #MeToo and #BlackLivesMatter have shown how sharing personal stories online can build collective identity, expose systemic violence, and demand accountability. Storytelling is not just about self-expression—it is a strategy for social change. In this way, storytelling becomes an act of resistance, a way to connect, and a catalyst for transformation.

*"Storytelling is the most powerful way to put ideas into the world today." –  
Robert Mekee*



## A Short History of Storytelling

Storytelling has always been a part of human life. Here's a brief timeline to show how it's evolved:



### Era

Ancient times

### Medium

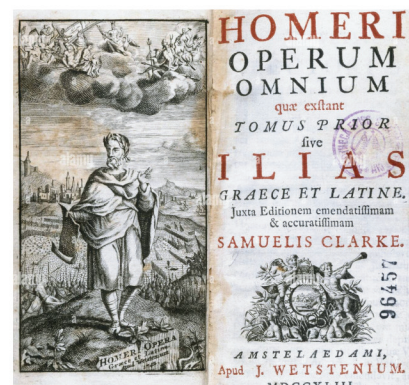
Oral storytelling, cave paintings

- Some of the earliest evidence of stories comes from the cave drawings in *Lascaux and Chavaux, France*. The drawings, which date as far back as 30,000 years ago, depict animals, humans, and other objects. Some of them appear to represent visual stories. It is even possible that the scenes depicted on those cave walls were associated with some kind of oral storytelling. (*Storytelling, n.d.*)



- Before humans wrote stories down, oral storytelling was how cultures passed down knowledge. The oral tradition can take many forms: epic poems, chants, rhymes, songs, and more. It can encompass myths, legends, fables, religion, prayers, proverbs, and instructions. (*ibid.*)

Epic poems, like the Greek *The Iliad* and the Sumerian *The Tale of Gilgamesh*, were first recited and passed down by word of mouth, and only later written down





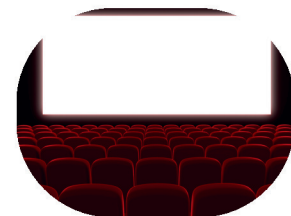
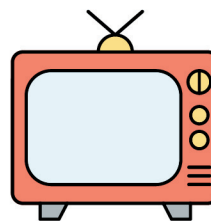
**Era**  
15<sup>th</sup> Century

**Medium**  
Printing press – books, pamphlets



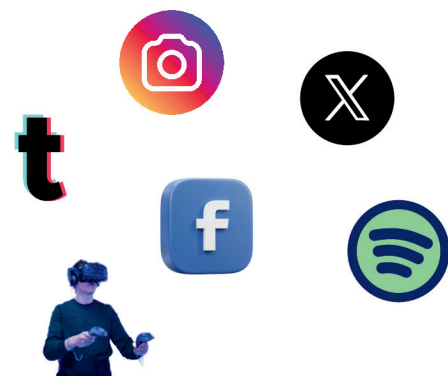
20<sup>th</sup> Century

Radio, cinema, TV



21<sup>st</sup> Century

Social media, podcasts, VR



Regardless of the reasons, stories are everywhere.  
Much of our lives are devoted to telling stories about what we did, where we went, and  
who we spent time with.

We have been telling stories for as long as history can remember, and we will likely  
continue to do so for the rest of our lives.



## So... what is Storytelling?

So... based on what we've seen, how would you describe storytelling?"

*Storytelling is a **creative** tool to **express yourself, share experiences,** and **connect** with others. It uses **personal narratives,** **digital media,** and tech to create **meaningful content.***



Storytelling is one of the oldest and most universal ways humans make sense of the world. At its core, storytelling is the act of sharing narratives—whether personal, fictional, or collective—that help us communicate meaning, identity, values, and experience. It can take many forms, from oral traditions and written texts to film, photography, podcasts, and social media. While stories can entertain, they also educate, connect, and inspire. In a digital age where information is constant and fast-paced, storytelling remains uniquely powerful because it appeals not just to the mind but to the heart. A well-told story has the ability to cross cultural and generational boundaries, helping people understand perspectives different from their own and feel emotionally invested in issues that may otherwise seem distant.

Some reasons for using digital storytelling

- **Creative Expression:** Digital storytelling provides a creative outlet for individuals to express their thoughts, emotions, and perspectives. It allows for integrating multimedia elements like images, videos, and music to enhance storytelling and engage the audience on multiple levels.
- **Amplifying Voices:** Digital storytelling amplifies marginalised voices, providing a platform for individuals and communities to share their unique stories and experiences. It empowers individuals to raise awareness, challenge stereotypes, and advocate for social change.
- **Educational Tool:** Digital storytelling is a valuable educational tool that enhances learning experiences. It fosters critical thinking, digital literacy, and communication skills. It can be used in various subjects to convey complex concepts, encourage empathy, and promote active engagement
- **Building Connections:** Digital storytelling connects people across geographical and cultural boundaries. It creates opportunities for collaboration, dialogue, and understanding. By sharing personal narratives, individuals can find common ground, inspire empathy, and foster community. ([Educational Resources – Storytelling for Youth, n.d.](#))



# The ethics of storytelling

Storytelling is a powerful tool—but with that power comes responsibility. Whether you're sharing your own experience or telling someone else's, the way you handle a story matters. This is especially true in the digital age, where stories can travel far and fast. A single podcast, video, or social media post can reach hundreds—or even millions—of people. That reach can inspire, connect, and educate, but it can also cause unintended harm if we don't think carefully about the choices we make.

So, what do we mean by ethics?

The word ethics comes from the Greek word *ethos*, meaning "character." In practice, ethics is about reflecting on what's right or wrong—not just in legal terms, but also in practical, emotional, and philosophical ways. It's not about following strict rules—it's about thinking critically, asking questions, and staying mindful of the impact our stories might have.

Ethical storytelling means considering not only what you're saying, but how, why, and for whom. It's about respecting people's dignity, protecting their privacy, and being honest with your audience. And since ethics can vary depending on context and culture, there's rarely a one-size-fits-all answer. What matters is the process of reflection.

Here are four key ethical questions to consider before you publish or present a story:

- 📢 **Consent** – Did everyone in the story agree to be included? Have they clearly understood what you're sharing and where it will appear?
- 🧠 **Truth** – Is the story accurate or misleading? Are you presenting facts—or assumptions—as truth?
- ❤️ **Impact** – Who could be affected by this story? Could it hurt someone, even unintentionally? Who might benefit from it?
- 🎯 **Intent** – Why are you sharing this story? Are you trying to inform, entertain, empower—or sensationalise, provoke, or harm?

There are no universal answers—only perspectives, context, and responsibility. You're invited to reflect not just on these questions, but also to raise your own. As a young storyteller, your ethical concerns might be more specific or personal. What do you think is important to ask before telling a story? What boundaries matter to you?

In this section, we'll guide you through examples, exercises, and discussions that will help you think ethically and critically about your storytelling choices—so that your stories aren't just creative, but also thoughtful, respectful, and responsible.



**Activity 2** - Gather with a group of friends and confront your answers to this statement:

*Someone posts a story about bullying they witnessed, but forgets to hide names. It goes viral. The “bully” gets harassed online. Is it ethical? Was there consent? Is the story accurate or misleading? Could this story help or harm? What was the intention?*

We don't know the intention of the person that created and shared the video

it can also be sharing awareness, It can be different reasons

If you were to rewrite this scenario, what would be the most ethical way of maybe denouncing and getting the positive and raising awareness

i think it is not easy

It is not easy because there are different situations

You can't really prove anything because you don't see the whole picture

How can you prove a story like that?  
You could make a fable story with a general message that you want to show.  
You can make a fictional story, based on a true one

Especially in the age of AI, it's extremely easy to fake things so you really can't trust anything online so in that way I think there's more use in having something that you know is fictional but it's made to tell a message that is meaningful to you. Because at least then you know that the message is true

I think the just it's the question it's very it's a really gray area because if I see a video of someone beating up another person, of course, like, I can really see who the bully is. But if I see like someone writing, writing, just like a text of someone and saying, yeah, they this person, beat up the other person, there is, like, no it's just there is no proof for that, but with the video, it would be proof. On the other side, if it's just someone, screaming at another person, there, even in a video, I can't really understand what's happening



Online stories can shape and have a real impact about how others are treated, both in the idea of who is a victim, and both who is the oppressor or, like, the person that is acting violently. The impact is massive. How does this impact? it's different, depends on the person.

When we post online, it is important to remember

- Online stories can shape how others are treated.
- What you share lives forever → DIGITAL PRINTS!
- Ethics isn't about being perfect—it's about thinking before posting.

**Activity 3** - Gather with a group of friends and confront your reflection on these statements: We are going to present 4 scenarios, are they ethical or not?

1. A TikTok where someone secretly records a person in public acting “weird.”
2. A Journal headline - “Lazy youth skip voting again—don’t care about their future.”
3. A “funny” video where someone pranks a stranger and posts their reaction.
4. A heartfelt Instagram post about mental health, using real stories with names blurred.

2.

The wrong word is lazy. Because I think you can say, like, you can call people to vote and everything, but, like, say because they don't vote, they're lazy, I think that's not it.

3.

Was there consent from the person receiving the prank?

2.

The wrong word is lazy. Because I think you can say, like, you can call people to vote and everything, but, like, say because they don't vote, they're lazy, I think that's not it.

3.

Of course, there are pranks that are funny for both people, but I think, for me at least, it can only be the case when it's not a stranger. That's my personal assumption for that.

4.

I'm going for more unethical because you can still figure out who people are, what the names are especially if the stories get very personal, or like, say there's one non-binary person in the collection of stories, like “ I wonder who uses a beta pronoun”. Like you can depending on the audience, it can still be easy to figure out who people are and if they're sharing very vulnerable information and people figure out who they are, then that can still have a lot of impacts on their lives and like getting a job or something even if you try to be ethical and your heartfelt and blur out the names


4.

Something important is the trigger warning part because I think especially in stuff about mental health and addictions and everything, the trigger warning is extremely important



## Let's talk about consent

When telling stories - especially those that involve other people - consent is essential. It's not enough to assume someone is okay with being included; you need to be sure they fully understand what you're sharing and agree to it. One simple and effective way to remember what real consent looks like is the acronym FRIES.

 **F.R.I.E.S.** stands for:

- **Freely Given** – Consent should be given voluntarily, without pressure, manipulation, or fear. If someone feels they have to say yes, it's not real consent.
- **Reversible** – Anyone can change their mind at any time. Just because someone agreed to be part of a story once doesn't mean they can't withdraw that permission later.
- **Informed** – People need to know exactly what they're agreeing to. That includes where the story will be shared, what content will be used, and how it might be interpreted by others.
- **Enthusiastic** – Look for a clear, enthusiastic "yes"—not a hesitant "I guess so." Consent should come from genuine willingness, not confusion or obligation.
- **Specific** – Saying yes to one thing doesn't mean saying yes to everything. Someone might agree to a photo but not to sharing their full name, or to a video but only in a private setting.

Using FRIES helps storytellers build trust and show respect. Whether you're recording a podcast, posting a video, or writing about a shared experience, always make sure everyone involved gives their full, informed, and enthusiastic consent.



Activity 4 - Gather with a group of friends and confront your reflection to these statements: *Which of these needs consent before you post?*

- A group photo at a party.
- A screenshot of a friend’s DM.
- A TikTok of someone dancing at a festival.
- A voice recording from a Zoom class.



Yes	No

## What Is Copyright—and Why Should You Care?

When you create something like a video, photo, piece of music, or a story, you automatically own the rights to it. That's called copyright. It means you get to decide who can use, share, or remix your work.

But just like you own your creations, other people own theirs. Using someone else's content without permission can break copyright laws.

In storytelling, this means:

- 📷 Don't use photos, music, or videos you didn't make yourself unless you have permission.
- 🎵 Look for copyright-free or Creative Commons materials if you need extra content.
- 🖋️ Always credit creators when you use their work—and be sure you're allowed to use it!



# Can I use this work?

## What is its copyright status?

The work is under copyright  
(assume unless otherwise stated)



### Get Permission

Contact the copyright holder and get their permission in writing to use their work. Be sure to include the permission in your assignment and publicly attribute the work.



### Use under Fair Use

Fair Use is a legal doctrine that allows the use of copyrighted material under certain conditions. Use is more likely to be Fair Use if:

It's for noncommercial, educational purposes  
It's used in a different way or for a different purpose than the original (parody, commentary, mash-up, illustration)

Only a small part of the work, like a cropped image or a short clip, is used

The work is under  
a Creative  
Commons license



### Use under CC

Creative Commons gives advance permission from the creator to use their work under the terms of the CC license. These terms often include crediting the creator, non-commercial use, or releasing the new work under the same CC license (share-alike).

The work is in the  
public domain



### Use (reasonably)

You are free to use this, it's no longer under copyright! But still give proper attribution where possible and do not attempt to pass the work off as your own. (Doing so is still plagiarism.)



# Module 2

## How to tell a story

Until now, this toolkit has helped you understand what storytelling is, why it matters, and how to approach it ethically. You've explored how stories can express identity, build connection, and inspire change—and how important it is to share stories with care, consent, and respect.

Now it's time to take the next step:



### How do you actually tell a story?

What makes a story **captivating**?

How do you take a personal experience and shape it into something that others will want to hear, feel, and remember?

At the heart of every meaningful story is *transformation*. Storytelling is about movement, about how one situation shifts into another. Whether the story is big or small, funny or serious, every good story shows a change: a moment of growth, realisation, struggle, or resolution.

Activity 5 - Ask yourself two key questions:

-  What message do I want to share?
-  Who am I telling this story to?

From there, you can start to explore the deeper layers of your story—starting with **longing**. Longing is the emotional engine of storytelling. It's the desire that moves us forward. Maybe you longed for freedom, for connection, for fairness, for understanding. Your story is the path you walked to try and fulfill that longing.

When you share a story of personal change—of moving from one state to another—you're not just informing your audience. You're giving them a spark. A sense that they, too, can change something in their lives.

So as you begin crafting your story, reflect on:

- What longing is at the center of my story?
- What was missing or not working?
- What did I hope for?
- What changed—and what still needs to change?

# Storytelling structures

There are different storytelling frameworks that can help guide this journey of transformation. Here are a few:

## The 5 C's

A simple structure to map out transformation:

- **Character**

Who is your protagonist at the start? What do they look like? How do they behave? What are they unhappy or excited about? This sets the baseline for later transformation.

- **Context**

What is their world like? What's happening around them? Introduce the setting and begin to hint at the challenges.

- **Conflict**

Now focus on the core struggle. What stands in the way? Conflict doesn't have to be dramatic – it could be as simple as struggling to find a guitar-learning method that works.

- **Climax**

The conflict builds to a high point – perhaps after several moments of frustration and small victories.

- **Conclusion**

Did your character reach their goal? What did they learn? Even if they didn't succeed, what did they gain from the journey?

## The 3-Act Structure

A classic story framework:

- **Act 1: Introduction**

Set up the character and context. Introduce the main problem and a triggering incident.

- **Act 2: Confrontation**

The conflict grows. Allies and enemies appear. There are challenges, failures, and a crisis of faith.

- **Act 3: Resolution**

After the crisis, does the protagonist succeed? How have they changed? How do they now see the world?

## The 7-Point Story Structure

This method starts at the end and works through seven key points to build a strong narrative arc.

## Dean Koontz's Classic Structure

Jump straight into the action.

Introduce your main character and plunge them directly into trouble – skip the long setup. Action drives engagement.

## The 5 W's of Journalistic Storytelling

Used in journalism, this structure helps clearly convey facts:

- Who
- What
- Where
- When
- Why
- (Optional) How

Start your article or report with the first four W's to give the reader immediate clarity. Then explore the "Why" and "How" in more detail. Always cite your sources – truth matters.

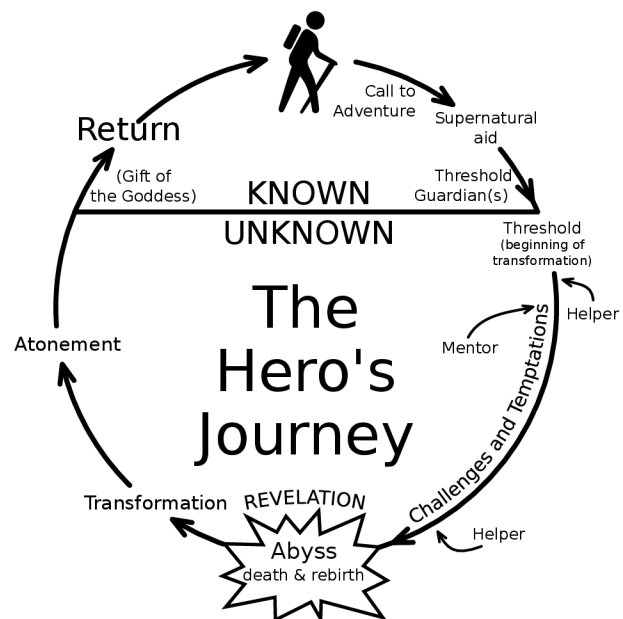
## The Hero's Journey

Based on Joseph Campbell's work and adapted by Christopher Vogler, this 12-step model is a psychological road map for self-realisation – becoming more of who we truly are.

We are born into a world we must adapt to – our families, schools, and society. In that process, we often adopt beliefs and behaviours that may not serve our true selves. At some point, a longing emerges – the desire to become more authentically ourselves.

Inner change doesn't go over a bed of roses. You'll encounter challenges and you'll need courage to persevere. Your longing will be the engine that pushes you forward.

Democracy might be seen as a way to give every individual the space to grow and live together authentically.



Let's dive into the 12 steps:

### **1. The Ordinary World**

This is the world we are used to. Our comfort zone. Here we lack something. This is the state of things before change.

How would you describe this in your story? How were you before you were in a democratic school or had a democratic experience? How were you before you learned certain things? ... See how this matches in your story.

### **2. The Call to Adventure**

Now the special world is calling, a world that is more appealing to you. Something is happening.

Things appear on your path that show other possibilities. Perhaps you heard for the first time of democratic schools?

### 3. Refusal of the Call

Fear arises. You hesitate — stepping into the unknown is daunting.

### 4. Meeting the Mentor

Someone who's walked this path appears. They offer insights, hope, and encouragement.

### 5. Crossing the First Threshold

You commit. You leave the familiar behind and step into the unknown.

### 6. Tests, Allies, and Enemies

You begin navigating this new world. Who supports you? What obstacles appear?

### 7. The Innermost Cave

Here you confront your deepest fears — perhaps limiting beliefs or insecurities.

### 8. The Ordeal

You face your fear and let go of the old self. This death of the old allows the new self to emerge. It can be a painful experience.

### 9. The Reward

You gain new knowledge, confidence, or inner change. Who are you now?

### 10. The Road Back

You return to your ordinary world — changed. But old habits and fears, things you don't like about yourselves or things you do that hurt others, they do not disappear overnight. You have to confront them again. In stories our dark side is symbolised by the villain.

### 11. The Resurrection

You're tested once more. But now, the new version of yourself prevails. Your new insides know how to navigate the challenges differently.

### 12. Return with the Elixir

You bring back wisdom to share. Your transformation can now help others.





# Module 3

## Introduction to digital storytelling tools

Now that you’ve explored what storytelling is and why it matters, it’s time to dive into the tools that can help you bring your voice to life—*literally*. In this part of the toolkit, we focus on oral digital storytelling: sharing stories using your voice, spoken word, and sound as the central elements.

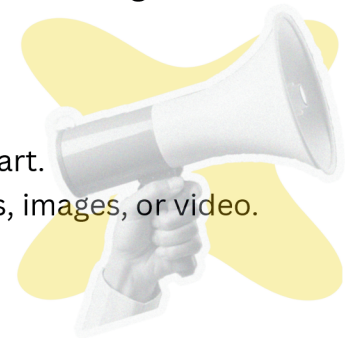
Oral storytelling is now more powerful and accessible than ever. Whether you’re recording a personal podcast, narrating a video, or performing a story on TikTok or Instagram, your voice becomes a tool for connection, emotion, and change.

### Why Oral Digital Storytelling?

It’s **personal** – your voice carries emotion, tone, and rhythm.

It’s **accessible** – you don’t need a big budget or fancy gear to start.

It’s **versatile** – you can combine voice with music, sound effects, images, or video.



### What Tools Can You Use?

Here are some tools and formats that make oral digital storytelling fun, creative, and easy to access:

- Podcasting (Audacity, Anchor, Spotify for Podcasters)

Podcasts are like portable audio stories. You can use your voice to share experiences, interviews, or reflections. Tools like Audacity help you edit and enhance sound, while platforms like Anchor let you publish and share your story with the world.

- Vlogging with Voiceover (CapCut, InShot, TikTok)

Combine your spoken words with images or video clips to tell a dynamic, engaging story. With apps like CapCut, you can record your voice and match it with visuals, background music, or effects.

- Short-Form Storytelling (Instagram Reels, TikTok)

Oral storytelling doesn’t have to be long. You can record a 60-second video where you narrate a powerful moment, share a poem, or deliver a spoken message—right from your phone.

- Voice-Enhanced Presentations (Canva, Adobe Express)

Tools like Canva now allow you to create visual slides with voiceovers, turning a simple presentation into a narrated story experience.

- Audio Stories for Games or Interactive Platforms

If you're into interactive storytelling, some platforms allow you to create character voices or narrate dialogues in collaborative or role-playing games—bringing stories to life in a playful way.

#### Activity 6 - Think About This:

- Which tools are you curious to try?
- How do you want your audience to feel when they hear your story?



Oral digital storytelling helps you speak your truth in your own voice—raw, real, and resonant. In the next steps, we'll guide you through choosing a tool, developing your script or spoken message, and recording with intention.

Your voice is powerful. Let's learn how to use it.

**Canva**



**Canva** is a free and user-friendly online platform that allows you to design a wide range of visual content—even if you have no prior design experience. Whether you're creating graphics for social media, designing logos, or laying out pages for a journal, magazine, or even a digital storytelling zine, Canva gives you the tools to bring your ideas to life. With thousands of templates, fonts, icons, and images, Canva is perfect for turning your story into a visually engaging piece—whether that's a poster, a slide, or an illustrated digital page.

✦ Why use Canva for storytelling?

- It's simple and intuitive—great for beginners.
- You can combine text, images, and graphics all in one place.
- It's ideal for digital storytelling formats like zines, story slides, and social media posts.



(Aurelius Tjin, 2024)

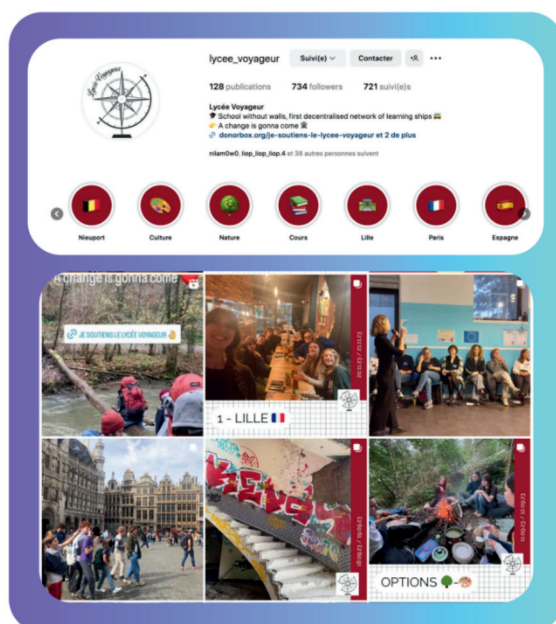
Canva opens up a wide range of creative possibilities for digital storytelling, making it an ideal tool for young storytellers who want to express themselves visually and effectively. Whether you're working on a personal narrative, a social awareness campaign, or a collaborative project, Canva allows you to transform your ideas into compelling visual stories. With thousands of templates, fonts, icons, and graphics available for free, you can easily create eye-catching content without needing advanced design skills.



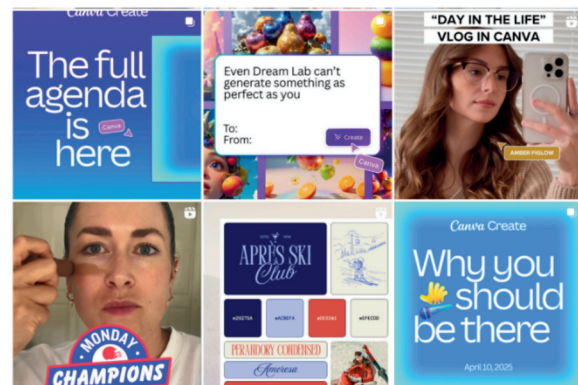
You can design digital zines, posters, comics, photo journals, character profiles, timelines, and even short presentations that guide viewers through your story step by step. Canva also lets you upload your own photos, videos, and voice recordings, helping you personalize your storytelling and integrate different media formats in one project. From Instagram slides to printed booklets, from animated visuals to static infographics—Canva supports both creative freedom and professional-looking results. It's especially powerful for storytelling that combines emotion with information, helping you create not only something beautiful but also meaningful and impactful.



(Justin Brown - Primal Video, 2024)



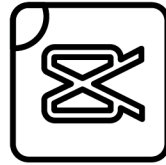
## Social Medias



you can even design logos !



# CapCut



**CapCut** is a free and powerful video editing app that makes digital storytelling accessible to everyone—especially young creators.

Available on both mobile devices and desktop, CapCut provides a simple, intuitive interface where you can edit video clips, add audio, insert subtitles, and enhance your footage with effects, filters, and transitions.

You don't need any prior video editing experience to start—CapCut's drag-and-drop features and ready-made templates make it easy to experiment and learn by doing. Whether you're creating a short film, a personal vlog, a TikTok reel, or a documentary-style project, CapCut allows you to work in both vertical and horizontal formats, giving you the flexibility to share your story across platforms like Instagram, YouTube, or TikTok.

CapCut is especially powerful when it comes to oral digital storytelling, stories that are told through voice, sound, and moving images. You can record a voiceover to narrate your story, then sync it with clips, photos, or animations to illustrate what you're saying. Add music to set the tone, captions to increase accessibility, and slow motion or transitions to emphasize emotional moments. The app also allows you to include text overlays, stickers, and audio effects to personalize and enhance the storytelling experience. This combination of voice, sound, and visuals transforms a simple spoken story into a rich, multi-sensory experience that can deeply engage your audience. Whether you're telling a personal journey, expressing your identity, raising awareness about an issue, or reflecting on a transformation, CapCut gives you the creative tools to shape your narrative in a way that feels authentic, artistic, and impactful.



(Dee Nimmin, 2024)

# DaVinci Resolve



In this training session, we introduced **DaVinci Resolve**, a professional-grade video editing software that's completely *free* to use. Whether you're crafting personal stories, project documentaries, or social media content, DaVinci Resolve offers all the tools you need—from cutting clips and adding transitions to enhancing sound and colour grading.

Unlike many editing tools, DaVinci Resolve brings together editing, visual effects, motion graphics, colour correction, and audio post-production in one platform. This makes it ideal for digital storytelling, especially when you want high-quality results without needing expensive software.



Although DaVinci Resolve is used by filmmakers and content creators worldwide, it's also an excellent tool for young digital storytellers. The interface may seem complex at first, but its structured workspace (media, cut, edit, colour, fusion, Fairlight, and deliver) allows you to learn step by step. You can cut video clips, add transitions, sync audio, apply colour grading, insert subtitles, and export in various formats suitable for YouTube, Instagram, or presentations.

DaVinci Resolve is especially powerful for oral digital storytelling—stories told through voice, images, and sound. You can record or import your voiceover, synchronise it with visuals, and enhance the narrative with music, ambient sounds, or carefully chosen colour tones. Its professional sound editor (Fairlight) lets you fine-tune your audio levels, while the Edit tab gives you full control over timing and pacing.

Want to add subtitles for accessibility? Build your own or import them directly.

Want to make your video more emotional or expressive? Use DaVinci's dynamic colour grading tools and effects.

Whether you're creating a personal reflection, a short documentary, or a powerful message-driven story, DaVinci Resolve allows you to craft your narrative with depth, precision, and creative freedom.

✨ So why use it?

- Free and cross-platform (Windows, Mac, Linux)
- High-quality results, used in film and TV production
- Everything in one tool: cut, edit, colour, audio, effects
- Perfect for social media videos, documentaries, interviews, and short stories



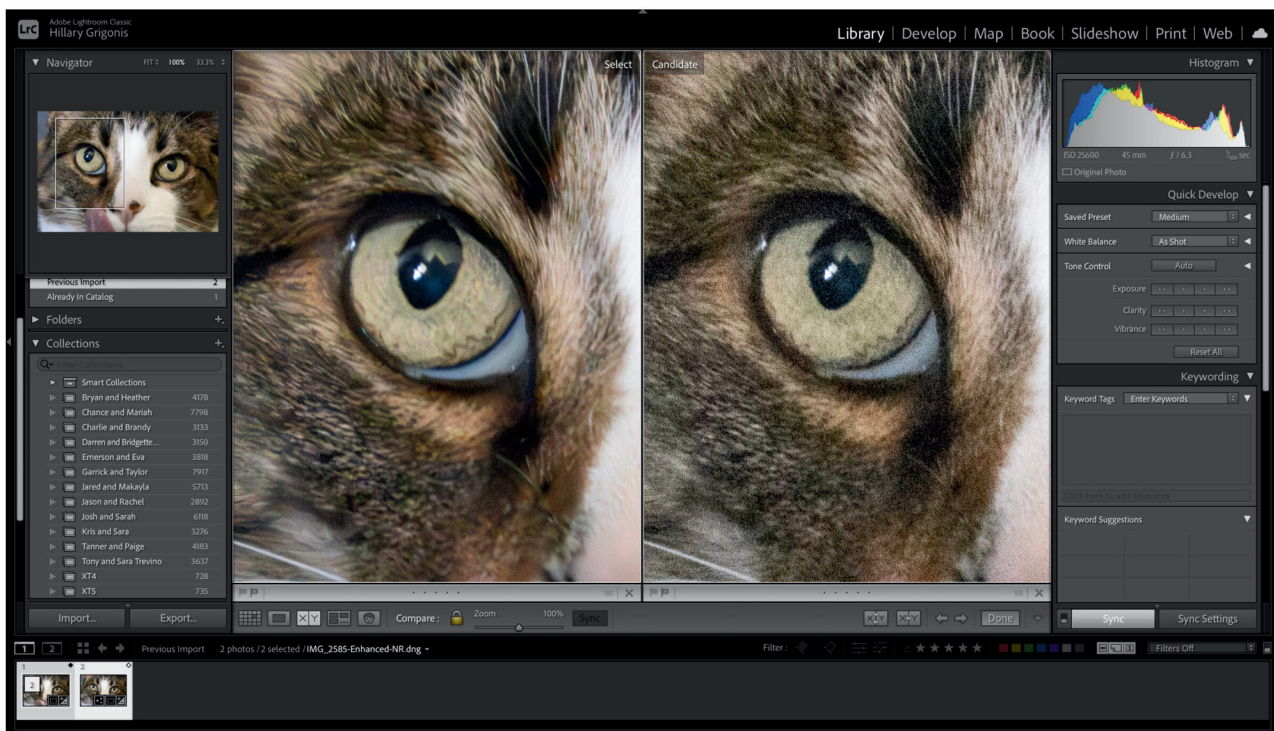
(Ben Claremont, 2024)



# Lightroom



Adobe Lightroom is a powerful photo editing and organising tool that empowers storytellers to enhance their images and express emotions through light, colour, and composition. Available on both desktop and mobile devices, Lightroom offers a clean, user-friendly interface that makes professional photo editing accessible, even for beginners.



With Lightroom, you can adjust exposure, contrast, color tones, sharpness, and framing to bring out the essence of your photo. Whether you're working with portraits, landscapes, event documentation, or behind-the-scenes visuals, Lightroom allows you to fine-tune your images to match the mood or message of your story. You can also apply filters (called "presets"), crop and straighten images, or remove small imperfections with simple touch-up tools.

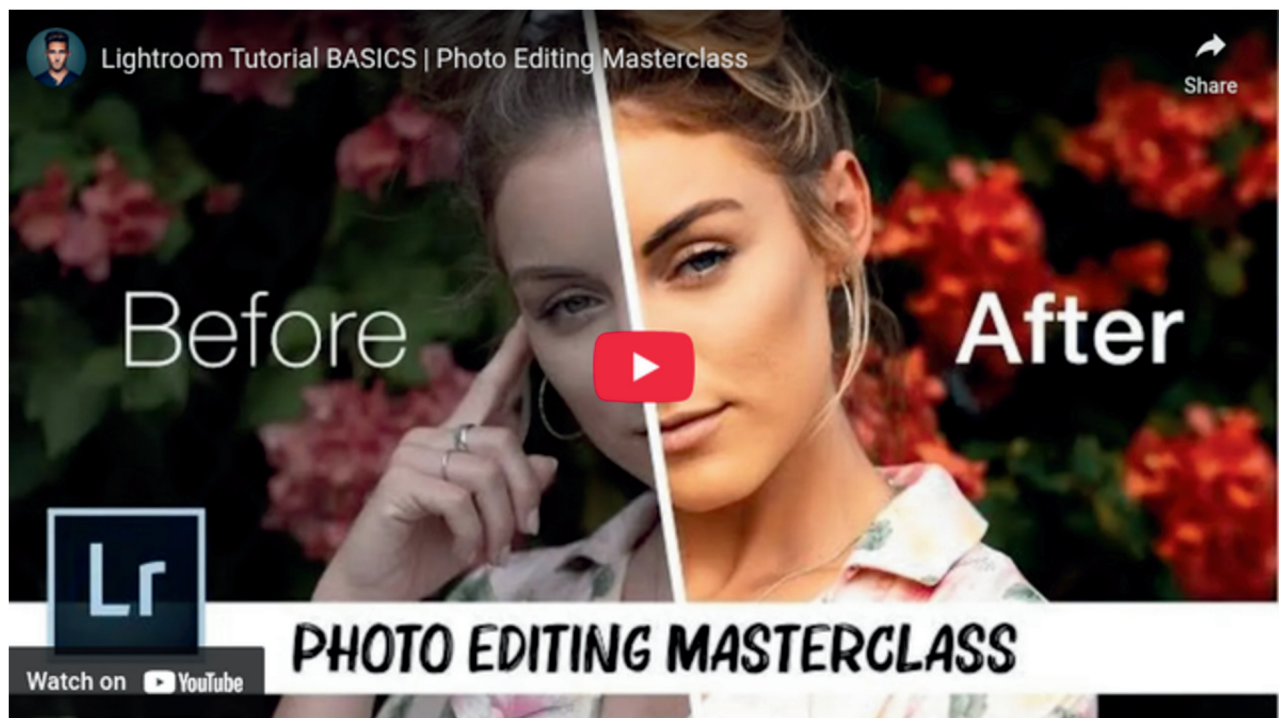
Lightroom is especially impactful in visual digital storytelling. A single image can tell a powerful story, but editing it with intention can deepen its emotional resonance. Use warm tones to evoke intimacy, cold shadows to suggest distance, or high contrast to emphasize drama. You can create consistent visual aesthetics across an entire project or photo series, helping your audience connect the dots and feel the atmosphere you want to convey.

The app also includes organizational tools like tagging, rating, and albums—making it easier to manage and curate large sets of images. If you're documenting a journey, a community project, or an identity-based story, Lightroom helps you shape your visuals with intention, clarity, and a distinct personal style.

Whether you're a budding photographer or a storyteller learning to work visually, Lightroom gives you the tools to turn good photos into compelling narratives.

✨ So why use it?

- It's beginner-friendly but powerful
- It brings your photos to life
- It helps create visual consistency
- It's available on your phone and laptop
- It helps you organize your images







(sawyerhartman, 2020)

# Audacity

One of the most powerful ways to share your experiences, ideas, and values is through your voice. That's where podcasting comes in.

Podcasts are an accessible, creative, and personal way to tell stories. Whether you're reflecting on your journey in democratic education, interviewing a peer about youth participation, or discussing the change you want to see in your community, podcasting gives you full control of your message. You choose the topic, the tone, the format—and most importantly, how your story is heard.

Podcasting has become a global medium because it's easy to access and deeply personal. People listen while commuting, exercising, or relaxing—it fits into daily life. For young people especially, it's a way to reach wide audiences without needing expensive equipment or advanced technical skills.

-  Reach & accessibility: Anyone with a phone or laptop can listen.
-  Untold stories: Share perspectives often left out of mainstream platforms.
-  Shape the conversation: Talk about democracy, identity, education, or whatever matters to you.
-  Your platform: You decide how your story sounds and what it stands for.

**Audacity** is a free, open-source software that works across all major systems (Windows, MacOS, Linux), it's ideal for beginners and offers all the core features you need for creating high-quality audio content.



## MEET AUDACITY

### YOUR FREE AUDIO STUDIO

- Free & open source: No cost to download or use.
- Cross-platform: works on Windows, macOS, and Linux.
- Essential tools: Everything you need for basic recording and editing.
- Perfect for beginners: User-friendly interface to get started quickly.

Frequently Asked Questions  
Audacity







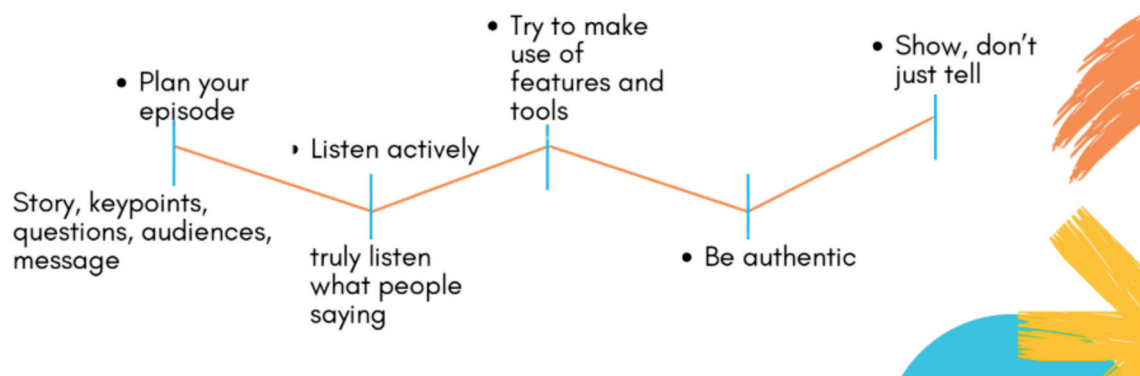
(Master Editor, 2025)

With **Audacity**, you can:

- *Record* voice and interviews
- *Cut* and *arrange* multiple audio tracks
- *Reduce* background noise
- *Adjust* pitch and tempo
- *Add* sound effects or music


This makes it a perfect tool for crafting your podcast—whether you're working solo, collaborating with friends, or interviewing someone in your community.


Podcasting isn't just about pressing "record." It's about preparing with intention, listening deeply, and speaking authentically. Here are a few storytelling tips to get started:





Great podcasts often include music and sound effects—but make sure you use royalty-free resources. Here are a few free, trusted platforms:

### Music Resources (Royalty-Free):

Pixabay Music: Tons of free, high-quality tracks for any mood. 


Free Music Archive (FMA): A vast collection of independent artist music. 

Incompetech: Diverse music by Kevin MacLeod, great for background. 

Audionautix: Free background music by Jason Shaw, easy to use. 


Purple Planet: Unique royalty-free music by a talented duo.

### Sound Effects Resources (Royalty-Free):

Freesound.org: A huge community-driven library of all kinds of sounds. 


Zapsplat: Thousands of free sound effects, with new ones added daily.

SoundBible: A good source for quick, free sound effect downloads.


YouTube Audio Library: Free music and sound effects directly from YouTube Studio. 

Podcastle.ai (SFX Library): High-quality, royalty-free sound effects for various needs.

**A bit complicated? Feel free to reach out to me here—I'd be happy to help!**



**PierreMinh**  
Contact WhatsApp



Votre code QR est privé. Si vous le partagez avec quelqu'un, cette personne pourra le scanner avec la caméra de WhatsApp pour vous ajouter en tant que contact.



# Flipnote Hatena

Studio for Nintendo DSi



(Jiga Tech, 2023)

## Some of the animations we made together at the workshop



# So what's the deal with SOFTWARE?

This section explores how specific software tools can simplify various creative tasks. While some programs can be quite expensive—arguably more than necessary—there are accessible alternatives available.

The focus will be on recommended software for audio editing, comic creation, and animation, highlighting practical and affordable options for each.

## AUDIO

Free:

- [Audacity](#)
- Not strictly audio but can be used for streaming your voice (also free and generally just great): [OBS](#)

Expensive (with more tools):

- [Adobe Audition](#)

## COMICS

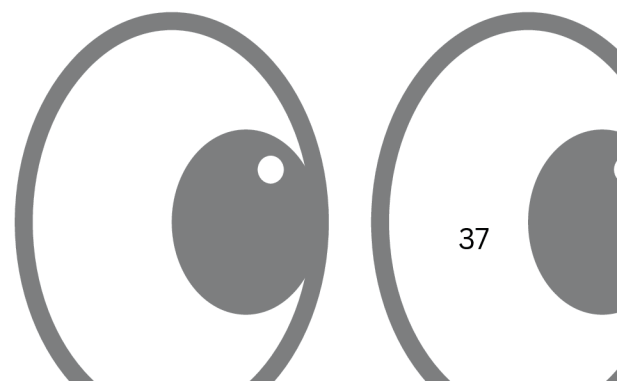
Free:

- Pen, paper, and a library scanner
- There's literally so many, just google digital art software, choose one and learn how to use it. Don't let choice paralysis stop you, just choose whatever logo you prefer. [FireAlpaca](#) is good. Their logo is an alpaca.

Expensive:

- [Clip Studio Paint](#) (the BEST tool for Webtoons format)
- [Photoshop](#)
- Procreate (iPad) (cheaper paid software that's really good)
- Paint Tool Sai (PC) (cheaper paid software that's really good)

Whatever software you learn, once you learn one its very easy to pick up another



## **ANIMATION**

Free:

- Flipaclip (ipad)
- Krita (pc/other) (UI is a bit confusing),
- FireAlpaca,
- Blender (3d, professional, crazy detailed), Flipnote Studio

Paid:

- Toonsquid (ipad)
- Procreate (Dreams) (ipad)
- Clip Studio Paint (ipad)
- Clip Studio Paint (pc)
- Adobe Photoshop, Adobe Animate, Adobe After Effects (pc)

Some of these are more simple, some get crazy advanced and detailed. If you're new, start off with an easy, free option



# Conclusions

Storytelling is not just about creativity. Storytelling is about connection, courage, and community.

Through this toolkit, we have explored the roots and power of storytelling, the ethics that make stories meaningful and respectful, and the digital tools that can bring those stories to life. Whether through video, voice, photos, or design, each tool is a doorway to expressing identity, documenting change, and inspiring action.

Now, it's your turn.

You don't need a big budget or professional equipment. You just need a story about democracy and the willingness to share it.

*Your perspective matters.*

*Your experience counts.*

And your voice can be the spark that helps others see the world differently.

As you continue your journey, ask yourself:

What story do I still need to tell?

Who needs to hear it?

And how can I tell it with care, creativity, and impact?

We hope this toolkit empowers you to take that next step. Whether you're just getting started or already crafting narratives, know that you're part of a wider movement—a generation shaping democracy, culture, and society through authentic, powerful storytelling.

**Keep telling your story. The world is listening.**

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